CANWEST STOCK WORTHLESS: ANALYST, PG11

Teach English

and make a world of difference
41 York St.
Free Teach Abroad Seminar 562-8370
TONIGHT Tues. April 14th @ 7 pm
Spring TESOL Course: May 5th - 10th
United TESOL International College of Teacher Training
unitedtesol.com
No Degree required
All Ages Welcome

The world's largest global newspaper
metro
OTTAWA • TUESDAY, APRIL 14, 2009
metronews.ca

FROM OUR DELI

TAKE HOME DINNER, DELIVERED TO YOUR OFFICE!
$7.75 PER PERSON, 2 MINIMUM
216 Elgin Street • 613-565-5155

Khawaja's lawyer seeks an appeal

TERRORISM A lawyer for an Ottawa man who became the first person sentenced under Canada's Anti-terrorism Act said he will appeal his conviction, CBC News Online reports.

Lawrence Greenspon served notice Thursday asking the Ontario Court of Appeal to overturn a finding that his client, Momin Khawaja, aided a group of British extremists.

Greenspon suggested the groundbreaking nature of the case meant the legal terrain was not well defined, and that there were gaps in the evidence during the trial last year.

"Our trial judge, of course, was dealing with many of these issues for the first time in a Canadian courtroom, and it wasn't easy," he said.

Khawaja, 29, was sentenced to 10½ years at a Quebec prison for financing and facilitating terrorism last month after being convicted last October.

METRO NEWS SERVICES

Health pg 14

Importance of oral health

Going Green pg 10

Pesticide-free lawn care

Entertainment pg 16

Metric goes positive in new album

Thailand **State of emergency declared**

PAULA BRONSTEIN/GETTY IMAGES

A supporter of former prime minister Thaksin Shinawatra gestures as members of the Thai military take over the streets during violent protests yesterday in Bangkok, Thailand. Anti-government protesters clashed with the military on the streets of Thailand's capital after the government declared a state of emergency. The pro-Shinawatra demonstrators are calling for the resignation of Prime Minister Abhisit Vejjajiva and for fresh elections to be held. Story, pg 8

Go Greek with your diet: Study

Researchers say Mediterranean food good for the heart

A little red wine is in. Red meat is unquestionably out. And the Mediterranean diet is simply golden.

That is the conclusion of a study out of McMaster University that purports to offer the most definitive word yet on the foods that are good for your heart.

The study, which examined almost 60 years worth of existing research on diet and heart disease, attempts to separate the whole wheat from the chaff on foods in a way that doctors and consumers can swallow with confidence, says Dr. Sonia Anand, the study's senior author. It appeared yesterday in the journal Archives of Internal Medicine.

"It's the best that we can do yet," Anand, a professor of medicine and epidemiology at the Hamilton school, says of the study's food and heart link findings.

While the study's list of foods that protect the heart contains few surprises — whole grains and vegetables are good, processed meats are bad — researchers found little evidence to support the claims of some highly touted diets and supplements.

"One area that we did not find overwhelmingly strong evidence for would be the Omega-3 fatty acids," says Anand. Those coming from fish seem to be heart protective, while those that come from plant sources like walnuts and flaxseed have little in the research to support them.

As well, she says, while vitamin E and C supplements are widely used as heart support systems, there is little evidence that they work that way. There is "moderate" evidence that eating these vitamins in fruits or vegetables has some protective properties, but almost none that they are beneficial in pill form.

TORSTAR NEWS SERVICE

Examination

- The McMaster researchers examined almost 200 research papers that looked at heart and food relationships — good and bad — dating back to 1950.

Psychiatric problems affect 1 in 5 Afghan vets

AFGHANISTAN More than one in five Canadian soldiers and police officers deployed to Afghanistan leave the force with post-traumatic stress or other psychiatric problems and that figure is rapidly rising, Torstar has learned.

By the end of last month, the number of soldiers and police officers discharged from the military and RCMP for psychological strains after tours in Afghanistan had reached 1,053, representing an increase of more than 50 per cent from 2008, a spokesperson for Veterans Affairs Canada said.

The increase had been predicted in documents released under the Access to Information Act.

They had revealed that as of April 2008, 700 Canadian soldiers and Mounties who had served on the Afghan frontlines — 19 per cent of all forces deployed — had qualified for medical release from the Canadian Forces or RCMP with a "pensionable psychiatric condition," but warned of a dramatic hike in those numbers.

The government spokesperson, Janice Summerby, stressed that there is no way to know whether a psychiatric condition is a direct result of Canada's participation in the Afghan war or whether it stems from earlier deployments around the globe.

TORSTAR NEWS SERVICE

Clinics

- The federal government has spent millions of dollars on treatment clinics across the country to treat military and police veterans after years of criticism.

ShareYourViews
ottawaletters@metronews.ca

Free Daily News Group Inc., operating as Metro Ottawa 130 Slater Street, Suite 300, Ottawa, Ontario K1P 6E2. Publisher: Bill McDonald

You take 4,000 steps a day. On May 3rd, use them to help kids talk.

Walk for Kids Help Phone

Kids Help Phone makes sure there's always a qualified professional counsellor ready to talk to kids about anything from self-image to abuse. You can do your part on Sunday, May 3rd. Walk so kids can talk.

Bell

1 800 668 6868
Kids Help Phone
kidshelpphone.ca
CELEBRATING 20 YEARS

walkforkidshelpphone.ca

Girl hospitalized after being hit by car
An 11-year-old girl was taken to hospital after being struck by a car on Heatherington Road yesterday evening. She is in serious but stable condition. METRO OTTAWA

Local

Police seek information on robberies

Ottawa police are investigating two robberies that occurred over Easter weekend. On Saturday night, police said a white male between 30 and 40 years old stole cash from the 7-Eleven on Rideau Street, while on Friday night, a white male in his 20s robbed the Peter's Gas Bar on Robertson Road of cash and cigarettes. Anyone with information on either incident is asked to contact the robbery section at 613-236-1222 ext. 5116 or Crime Stoppers at 613-233-8477 (TIPS). METRO OTTAWA

Political views possible reason for firing: Prof

U OF O The reason tenured professor Denis Rancourt was fired might be the administration's opposition to his political views about the Palestine-Israel conflict, he insisted.

In a written response to his dismissal on March 31, Rancourt insisted that "the grading issue" (he awarded A-plus marks to everyone in one of his science classes last December), will not be upheld as a sufficient reason for terminating his career at the University of Ottawa.

"The March 31 university decision to dismiss me was itself tainted with Israel-aligned political influence," wrote Rancourt.

The executive committee of the board of governors of the University of Ottawa unanimously approved Rancourt's dismissal at the end of March. Since the case could end in arbitration, the university would not comment further.

TIM WIECLAWSKI/METRO OTTAWA

TRACEY TONG/METRO OTTAWA

Mayor Larry O'Brien, left, chats with city resident Stirling Olive at the Ottawa Mission's Easter dinner yesterday. The downtown shelter saw thousands of clients, making the meal one of the biggest ever.

Mission serves up 2,600 Easter meals

TRACEY TONG
tracey.tong@metronews.ca

Stirling Olive used to live at the Ottawa Mission.

He might have his own place now, but wouldn't have missed yesterday's community Easter dinner.

"I think this is fantastic," said Olive. "It's a great event, and they do a great job."

New and familiar faces, young and old, came out literally in droves for the shelter's biggest holiday meal of the year.

"We're seeing more kids, more families," said Diane Morrison, executive director of the Ottawa Mission. "We see old faces of people that had gotten on their feet.

"People can't afford Easter this year."

And it's not just Easter — the Mission is seeing more people coming for meals, job training and groceries. "We're certainly seeing the effects of the downturn," Morrison said.

> **"It is a great way of getting involved in the community."**
> Brenda McIntyre, volunteer

"Easter dinner tends to be our busiest one," said the Mission's manager of volunteer services Meghan Bartolo. "The weather is nice and the clients are more likely to come here and less likely to be invited home than Christmas."

While meals are usually served cafeteria-style, more than 125 volunteers were on hand yesterday to serve prime rib, veggies, pie and to top up glasses at decorated tables. While they waited for seats, clients sipped coffee and tea in the chapel.

"We try to make it as nice as possible for them," said Bartolo.

The shelter, which served more than 2,600 meals over six hours, wouldn't have been possible without volunteers.

Donning an apron yesterday, Mayor Larry O'Brien said he volunteers at every dinner he's asked to.

Police Insp. Mike Flanagan had the day off yesterday, but happily sacrificed time off for beverage duty.

"It's something I look forward to," said Flanagan, who has been volunteering for five years.

Aside from helping the less fortunate, Flanagan said the interaction breaks down barriers between police and the shelter's clientele. "It lets them see the person behind the badge," he said.

While his volunteer gig took away from family time, Flanagan said that's not something that will continue for long.

When his son, Declan, gets older, he'll bring him along to help, he said.

"It is a great way of getting involved in the community," said longtime volunteer Brenda McIntyre.

metronews.ca

What's online today.

Video Combat is expected to ramp up in southern Afghanistan when U.S. troops arrive this year at **metronews.ca/canada**

Blogs Zac Efron's 17 Again gives Hollywood Rants déja vu all over again

Your Money Allan Small on what's behind the surprising profits in the U.S. banking sector at **metronews.ca/investing**

Lotteries

Ontario Pick 3: 3 0 1; **Ontario Pick 4:** 5 6 1 3
Encore: 8884983
Daily Keno: 7, 10, 12, 17, 25, 26, 27, 28, 30, 35, 37, 41, 43, 47, 48, 52, 56, 59, 61, 69.
These results are not official.

Tamil hunger strike continues

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

Kana Thulasigamony is getting weak and has difficulty speaking.

Along with four other Tamil supporters, the 74-year-old has been on a hunger strike at the corner of Wellington and Metcalfe streets for over five days, hoping to pressure the Canadian government to enforce an immediate and permanent ceasefire in Sri Lanka and allow unhindered humanitarian aid for civilians in the affected area.

"I am hopeful that I will die for the cause," he said yesterday afternoon. "Unless they meet our demands, we are determined to continue our fast until death."

Hundreds of Tamil supporters lined Wellington Street beating drums, chanting and calling on the Canadian government to demand a ceasefire of a civil war that has been waged on the Indian Ocean island for nearly three decades.

Thulasigamony said the Canadian government should at least send the Sri Lankan ambassador home and recall our own.

Thulasigamony's 24-year-old grandson, Sathya Mani, said he is worried about the strikers' well being, but said action is necessary when they are hearing reports of family members dying in Sri Lanka every day.

"Imagine what (it) would feel like if the Canadian government planned to wipe out the French community," he said. "That's what is happening back home."

Dr. Ramanathon Lambothoran, a physician from Toronto, monitored the hunger strikers from 6 a.m. until 6 p.m. yesterday.

TIM WIECLAWSKI/METRO OTTAWA

Kana Thulasigamony, 74, of Brampton, Ont., and four Tamil supporters have been on hunger strike for the last 120 hours as part of a weeklong protest on Wellington Street.

Yard waste fire sends one to hospital

A patient was taken to hospital for respiratory pain after a grass fire began in a field in the 2500 block of Upper Dwyer Hill Road yesterday afternoon. The landowner was burning yard waste when the fire spread into the adjoining field. METRO OTTAWA

Graduates delaying work life

Tough economic times forcing students to move, continue on with their studies

ANDREW SZTEIN
for Metro Ottawa

From animation to sociology, graduating students in all programs are feeling the pinch of an economy heading south and the nerves that go with entering the workforce from the relative comfort of the classroom.

Avi Krebs, 25, is a soon-to-be graduate of Carleton University's sociology program. With the economy in a recession, Krebs has decided to delay his entrance into the workforce and go for a master's degree in information and library sciences at the University of Toronto.

"It seems that just having an undergraduate degree, it's not enough. It seems like everyone is trying to get a job," said Krebs, an Ottawa native. "It just doesn't seem to be enough nowadays. You have so many people applying for these jobs, you have to stand out a bit. I think the master's degree will put me in an upper echelon because it will show that I've had that extra education."

"You have so many people applying for these jobs, you have to stand out a bit. I think the master's degree will put me in an upper echelon."
Avi Krebs, student

Erik Morris, 22, an upcoming graduate of Algonquin College's three-year animation program, has similar concerns.

"I'm very nervous about it," said Morris, who grew up in Stittsville. "(Animation) is a small industry. It's hard to break into. With the recession going on, it's hard to find any steady, high-paying job. I definitely don't want to go back to retail."

It seems for most students, the days of staying at home and finding a job in your hometown are disappearing.

"I'm hoping to get a job here in Ottawa," said Morris. "I'm even looking outside the country. There are studios in Denmark, Sweden, even England that I'm looking into."

"I would probably feel more comfortable at home, but the reality nowadays is that you don't have those options available to you," said Krebs. "You may have to go overseas to find a job, but if you can find your way back home, more power to you."

Have your say on city's parking strategy

TRACEY TONG
tracey.tong@metronews.ca

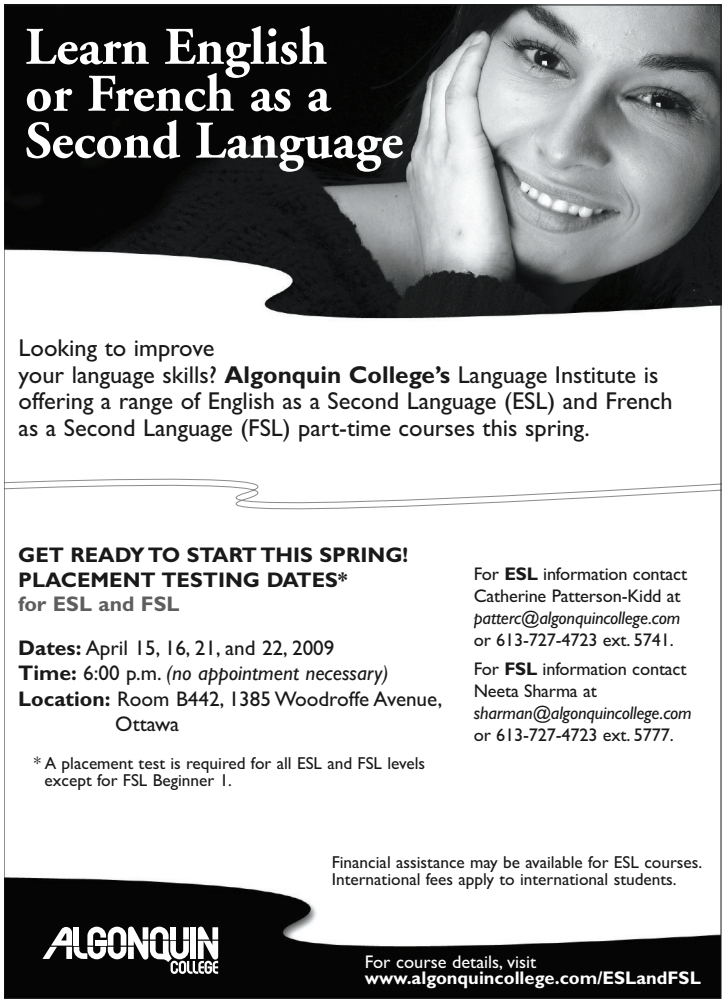
Parking meters in Ottawa will soon go the way of the dinosaurs, but residents will be able to give their input as the city prepares to replace meters with a pay-and-display system.

Residents will be heard at the transportation committee meeting at city hall tomorrow morning, where members will debate the city's parking management strategy.

Last week, city staff said during a technical briefing the city will be replacing almost all meters in the city with the more reliable pay-and-display system, with the first ones hitting the streets by early 2010.

The machines accept payment through credit cards, smart cards and cellphones, but don't just save the coins for coffee — the machines will still take them. City staff said they will also ensure future changes to accommodate technology can be made.

While Precise ParkLink Inc. submitted an unsolicited proposal for an integrated parking system that included pay-and-display technology, the city has yet to choose the company that will manage the machines. The contract to manage the machines is a 10-year agreement, but all parking policy decisions, including when, where and how much to charge for parking, remain with the city.



GREAT SAVINGS THIS WEEK!

Tuesday, Apr. 14th to Thursday, Apr. 16th

40% OFF

BOXED BRAS & BRIEFS BY
WONDERBRA
WARNER'S

$44.99
MEN'S LEVI'S
501 & 505 JEANS
Also, 30% off
- All other Levi's jeans
- Men's denim by Point Zero & Lee

50%-70% OFF
LUGGAGE
SELECT LINES FROM ATLANTIC, EDDIE BAUER, DELSEY, SKYWAY & SWISS BY WENGER
Reg. $25-$335 Sale $10-$167.50
Excludes any 97¢ price endings.
Off our regular prices.

40% OFF
MEN'S CASUAL PANTS
BY HAGGAR, DOCKERS & IZOD
Excludes any 99¢ price endings.

50% OFF
COMFORTER SETS, DUVET SETS & BED-IN-A-BAG
BY HALTON HOME, MAISON DE MODE & RAYMOND WAITES

YOUR CHOICE $359.99
GREEN PAN VIENNA 7-PCE STAINLESS STEEL COOKWARE SET
Reg. $999.99
OR VIENNA 7-PCE. NON-STICK COOKWARE SET WITH BONUS INDUCTION BURNER
(Value $89.99) Reg. $899.99
Also, 50% off All other cookware sets
Also, 25% off Open-stock
Excludes All-Clad.

30% OFF
- OPEN STOCK STEMWARE
  BY MIKASA, DAVINCI, NORITAKE, GLUCKSTEINHOME, ROYAL DOULTON, SCHOTT ZWEISEL, SPIEGELAU, VERA WANG & WATERFORD
- LONGCHAMPS
  4-PK STEMWARE

$499.99
DISTINCTLY HOME
3-PCE. CHAT SET
Reg. $699.99
Also, 30% off
Distinctly Home Handwoven resin swivel chair & table
Chair: Reg. $599.99 Sale $419.99
Table: Reg. $249.99 Sale $174.99

UP TO $550 OFF
$999.99
GLUCKSTEINHOME
HAMPTON 5-PCE. CONVERSATION SET OR 7-PCE. PATIO SET
Reg. $1399.99 & $1549.99

Also, 25% off
Hampton 9" market umbrella
Reg. $109.99 Sale $82.49

Elizabeth Arden

BUY ONE CHOOSE ONE FREE!

With any total ELIZABETH ARDEN purchase of $38 or more, you can choose a gift of one **full-sized product**
of equal or lesser value† of your total purchase, at no extra charge. **April 1st to 22nd**

† While quantities last. Bonus products must accompany returns. Rain checks are not available. Gift chosen must be different than item purchased.

Selection will vary by store. Savings are off our regular prices, unless otherwise specified. Everyday Bay Value, just-reduced, Power Buys, Manager's Specials, licensed departments, Salviati, Vera Wang and Hbc Foundation charity merchandise are excluded. When you see "POWER BUY" or "MANAGER'S SPECIAL" you will know we have found an exceptional deal to pass on to you. We may tell you the COMPARABLE VALUE on the price ticket and/or a sign, so you will see the price another retailer in Canada charges or would likely charge for the same or a comparable value item. Quantities of our Power Buys and Manager's Specials and items located in any "Style Outlet" in-store departments are limited and may vary from store to store – no rainchecks or substitutions. When we say "PRICE CUT", we mean the existing everyday price is being lowered temporarily. See in-store for details.

the Bay

WWW.THEBAY.COM

Ground search for missing girl called off

Police in southwestern Ontario have ended a "thorough" ground search for an eight-year-old Woodstock girl, but continue to investigate her disappearance as a missing persons case. Victoria (Tori) Stafford was last seen leaving her school on Wednesday afternoon. CBC NEWS ONLINE

Canada

Maple Leaf CEO takes responsibility

If Michael McCain had known last year what he knows today about the deadly listeria bacteria, 21 lives could have been saved, the president and CEO of Maple Leaf Foods said yesterday. "It's blindingly clear that Maple Leaf was responsible for the loss of 21 lives," McCain said. "I felt that personally." While Maple Leaf conducted its own internal listeria tests prior to the outbreak, McCain said the company wasn't rigorous enough about analyzing the results. TORSTAR NEWS SERVICE

Relatives warned advocate of peril

WOMEN'S RIGHTS Canadian relatives of a women's rights advocate slain in southern Afghanistan over the weekend say they warned her of the dangers of working in the country, CBC News Online reports.

Sitara Achakzai, a member of Kandahar's provincial council, was killed Sunday when four gunmen on motorcycles opened fire as she got out of her car outside her home in Kandahar City.

Achakzai spent the years of Taliban rule in Germany and returned to her native country five years ago to fight for women's rights, her relatives said.

METRO NEWS SERVICES

Cries for help on the rise

Calls to women's shelter increase during economic downturn

Worrying about paying the bills and feeding the kids is always a stressful time. But in this tough economy, it's resulting in a dramatic increase in calls to the Calgary Women's Emergency Shelter.

The shelter has reported 1,366 calls in February alone — a 300 per cent increase from the year before.

Fred, a former abuser who has gone through counselling, says he knows all too well how easily financial stress can trigger emotions.

"I know the number of calls is up right now, and the only thing I can say is try to be positive and work together. It's a difficult time but you just have to try and ride it out," he said.

Fred said the stress of losing a job and not being able to pay bills can take a toll on families.

"But there is no excuse for abuse."

While Fred has gone through counselling over the years and reconciled with his fourth wife of 17 years, other women in the city aren't as fortunate, according to shelter executive director Lisa Falkowsky.

"The number of people seeking support from professional counsellors on our telephone helpline and needing the security of our shelter continues to escalate to numbers and severity we've never seen before," she said.

Falkowsky links the increase to the dwindling economy, but can't pinpoint why Calgary may be higher than the rest of the country, except that Calgary is usually higher to begin with.

"Calgary seems to be hit harder than other cities and people may be taking it harder," she added.

KRISTA SYLVESTER/ METRO CANADA

In Ottawa

- Liz Steel, a manager for the Distress Centre of Ottawa, doesn't think the recession will bring more calls. While cities dependent on industries hit hard by the recession may see an increase, Steel says "Ottawa won't be as affected because the government is still hiring." She said about 70 per cent of distress centre callers are women.

May writes of Harper's 'cheating' at debate

BOOK Elizabeth May felt like a schoolgirl when she glanced over at the man sitting beside her and noticed he broke the rules.

The Green party leader had fought hard to be included in the national televised debates during the 2008 election campaign and remembers participants were told they would be provided with blank index cards for note-taking but forbidden to bring their own background material.

May

"Looking over from my seat, I remember the shock of realizing he was cheating," May writes in her new book.

"I felt like I was back in grade school. Do you 'tattle' on a cheater?"

TORSTAR NEWS SERVICE

New Book

- May paints a bleak picture in her book Losing Confidence: Power, Politics and the Crisis in Canadian Democracy.

Edmonton homicides decreasing

CRIME The ebb and flow in the traditional rising tide of Edmonton homicides has calmed for a period not seen in years, leaving crime experts with the conclusion that violent criminals are being washed to other areas.

Edmonton has not seen a homicide in 52 days, a rarity in a city that plays host to murder every 10 days or so.

"It's a nice period, not to pick up the paper and see dead people," said Grant MacEwan criminologist Bill Pitt.

Though gang violence and murders are decreasing on Edmonton streets, rates are rising in rural communities.

There were 53 rural homicides investigated in 2008, more than double the 23 slayings of 2007.

"They're getting out of town," Pitt said.

"They're under the gun here. The leaders are being targeted, and they like to operate in the dark, metaphorically ... There's much stronger surveillance to groups inside the city."

VICTORIA HANDYSIDES/ METRO CANADA

Past cases

- The last, long stretch where streets were homicide-free was in 2006, when 88 days passed between the March 2 murder of Stefan Conley and the May 29 murder of Jerry Nguyen.
- The last person to be murdered in city limits was 21-year-old Brendan McNaughton, who was stabbed behind a west-end pub Feb. 21.

Nova Scotia **Going with the flow**

RYAN TAPLIN/METRO CANADA

More than 50 people walked around Lake Banook, N.S., yesterday to raise awareness about the state of Canada's water supply as part of National Aboriginal Water Day of Action. Close to 100 First Nations communities are on water-boiling advisories, one advocate said.

BDO
BDO Dunwoody Limited

Let BDO help you get on the road to financial stability

- **Avoid** bankruptcy
- **Consolidate** debt into one manageable monthly payment
- **Stop** interest
- **Stop** harassing calls from creditors
- **Protect** your home and car

Financial problems can happen to anyone. We will advise you about all of your options and find the right solution to alleviate your financial stress.

Serving Canadians since 1958

More people choose BDO than any other firm in Canada*

Free Consultation - Convenient, confidential appointments

The Elgar Building
200 Elgin St, Suite 903
613-235-5225
1-800-754-1579

*OSB Statistics

Trustee in Bankruptcy - Credit Counsellors - Proposal Administrators

www.bdodebthelp.ca

This summer, your child can learn
REAL VIDEO GAME PROGRAMMING

Your child or teen loves video games & does well in math without trying. They may have said that they want to design & program video games as a career! At Real Programming 4 Kids™ your kid can learn the secrets of game design, advanced math & real game programming and have tons of fun!

At RP4K's 6th summer of Ottawa Programming Camps @ Ashbury College we will teach your 9 to 17 year-old
REAL PROGRAMMING LANGUAGES
including; C#, XNA, Visual Basic, Java and C++.
Each student has their own computer and there are never more than 4 kids to an instructor!

Call Real Programming 4 Kids™ (toll free) 1-877-307-3456 and schedule a FREE NO OBLIGATION TRIAL CLASS
www.realprogramming.com

$20 AVG/HR. POSITION
TRAINING ALLOWANCE PAID DAILY
No Experience Necessary
CALL 1 866-940-0970

GROUPS OF 4 SAVE 10%
Would you like to break the habit for a healthier future?

Ottawa Civic Hospital (across from flower shop)
1053 Carling Ave. 613.884.7867
www.omegalaser.net
OMEGA LASER THERAPY

Home Phone Lines

All Features FREE!

comwave Enhanced

$14.95/month

All Features FREE

INCLUDING

Caller ID , Call Forwarding,
Voice Mail , Call Waiting
... and much more

comwave Unlimited Canada

$19.95/month

UNLIMITED
Calling to Canada

PLUS

- All Features FREE Including:
  Caller ID , Call Forwarding,
  Voice Mail , Call Waiting
  ... and much more

comwave One-Rate

$29.95/month

UNLIMITED
Calling to Canada
and U.S.A.

PLUS

- All Features FREE Including:
  Caller ID , Call Forwarding,
  Voice Mail , Call Waiting
  ... and much more

Limited Time Offer

6 Months FREE!

- Satisfaction Guaranteed!
- Keep Your Existing Phone Number!

The Comwave GUARANTEE

- No Matter Where you Call,
- No Matter What you Pay
- Comwave will Beat it...
  Guaranteed!

South Asia

PAKISTAN 5.9 ¢/min

Bangladesh from	3.9¢
Bhutan	15.9¢
Maldives	16.9¢
Nepal from	7.9¢
Sri Lanka	11.9¢
Afghanistan	24.9¢

Latin America

CUBA 85 ¢/min

Haiti	16.9 ¢	Bolivia from	6.9 ¢
Honduras	15.9 ¢	Chile	2.9 ¢
Panama from	3.9 ¢	Colombia from	3.9 ¢
Uruguay	7.9 ¢	Dominican Rep.	6.9 ¢
Venezuela	2.9 ¢	Mexico. from	2.9 ¢

Middle East

LEBANON 9.9 ¢/min

Bahrain	5.9 ¢	Kuwait	6.9 ¢
Egypt	14.9 ¢	Oman	17.9 ¢
Iran. from	3.9 ¢	SaudiArabia. from	3.9 ¢
Iraq. from	4.9 ¢	Syria	18.9 ¢
Israel	2.9 ¢	U.A.E	19.9 ¢

Even if you're Paying Less Call us and We'll Beat It... Guaranteed!

Call Long Distance Even From Your Cell Phone

comwave

613-216-6100

comwave.ca

Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Home Phone Lines: * VoIP 911 has certain limitations versus traditional 911. The rates are based on a 3 year term. 6 Months Free - You get 3 months free immediately upon activation of the service. Get an additional 3 months free if you transfer your existing Home Phone Line to Comwave within the first 3 months. Satisfaction Guaranteed. If you are not 100% satisfied, you may cancel your home phone serviec no questions asked. The option to keep your existing phone number may not be available in all areas.

Throwing bills from taxi nets arrest in Taiwan

Taiwan police have arrested a 55-year-old man for lobbing bank notes worth about 1 million Taiwan dollars ($36,000) from vehicles, causing disorder in the streets, a police officer said yesterday. The man tossed the bills from a taxi in a crowded part of Taichung city on Sunday as people stopped to pick up the cash. REUTERS

World

Galapagos wildlife at risk

An erupting volcano in the Galapagos Islands could threaten unique wildlife such as marine and terrestrial iguanas, say officials with the Galapagos National Park. Lava flowed into the sea and clouds of gas and smoke poured from La Cumbre volcano on Fernandina Island, which has no human inhabitants, after it erupted Saturday. REUTERS

Pirates swear revenge for comrades' deaths

RESCUES Somali pirates threatened revenge on Sunday after two separate hostage-rescue raids killed at least five comrades, raising fears of future bloodshed on the high seas.

The latest raid by U.S. forces on Sunday that saved an American hostage and one by France last week have upped the stakes off Somalia, where buccaneers have defied foreign naval patrols.

A day after U.S. snipers killed three Somali pirates and freed Capt. Richard Philips, Somalia's militant Islamist rebel group al Shabaab said it fired mortars at a plane carrying a U.S. lawmaker.

A spokesman said his group fired at the plane carrying Representative Donald Payne as he left Somalia after a visit. The plane took off safely.

"The French and the Americans will regret starting this killing. We do not kill, but take only ransom. We shall do something to anyone we see as French or American from now," Hussein, a pirate, told Reuters by satellite phone. REUTERS

Undeterred by U.S.

- The U.S. rescue mission is unlikely to deter the most committed Somali pirates and could make future hijackings more violent, complicating efforts to tame Somalia's lawless coast, say regional experts.

Kazakhs say Israel supplied defective military hardware

ASTANA Kazakhstan's security service accused the defence ministry of buying defective military hardware from Israel yesterday, in a rare public spat exposing tensions among the security elite.

The state's KNB service, the successor agency to the Soviet-era KGB, said it was investigating a number of unnamed defence ministry officials on suspicion of purchasing faulty artillery and incomplete defence systems from Israeli firms.

A spokesman said the actions of various defence ministry officials were being investigated, adding the government had incurred losses of $82 million as a result. REUTERS

Control Your Future With Affordable Life Insurance Solutions

Get clear answers:
Cover debts, replace paycheques for your dependants. To obtain Canada's guaranteed lowest rates, shop the market with First Rate Insurance.

Call Now!

WE ELIMINATE THE FINE PRINT.
(613) 842-8809 | FIRSTRATEINSURANCE.COM
First Rate INSURANCE

Two killed in Thai protests

Troops fired at crowds of anti-government protesters who fought back with gasoline bombs and rocks in Bangkok yesterday, in violence that killed two people, injured dozens and pushed Thailand deeper into political crisis.

Prime Minister Abhisit Vejjajiva, who declared a state of emergency in Bangkok on Sunday after former prime minister Thaksin Shinawatra's supporters forced an Asian summit to be cancelled, said just before midnight most of the city was back to normal.

Thaksin, ousted in a 2006 coup, told CNN from an undisclosed location: "Many people are dying ... They even take the bodies on the military trucks and take them away."

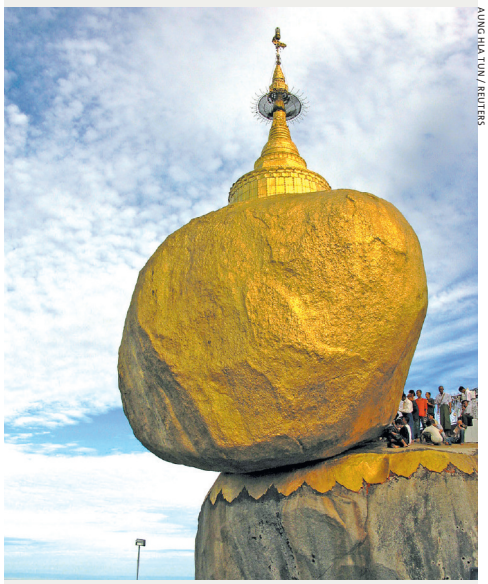
Troops advanced into an area held by protesters near Abhisit's office since late March, setting the stage for a final push to end the demonstrations.

Violence erupted before daylight at the start of the Thai New Year holiday. Protesters set fire to several buses and a side of a government building was ablaze.

One person was shot dead in fighting between protesters and residents angry about the demonstrations, a government official said.

A hospital said another person was also fatally shot in the violence, The Emergency Medical Institute said 94 people, including soldiers, were hurt yesterday. REUTERS

Myanmar **Golden Rock Pagoda**



AUNG HLA TUN / REUTERS

Buddhist devotees wait to offer gold to the Kyaikhtiyo Pagoda, also known as the Golden Rock Pagoda, yesterday in Myanmar. The pagoda is built on a granite boulder balanced on the edge of a mountain about a kilometre above sea level.

Council demands sanctions on North Korea be enforced

UNITED NATIONS The Security Council yesterday unanimously condemned North Korea's long-range rocket launch two weeks ago as contravening a UN ban, and demanded enforcement of existing sanctions against Pyongyang.

The U.S.-authored statement, agreed Saturday by the five permanent council members and Japan, ordered a UN sanctions committee to begin activating financial sanctions and an arms and limited trade embargo laid down in a resolution passed 2½ years ago.

Some analysts say the passage of the council statement will be largely symbolic and is unlikely to result in a strict enforcement of sanctions against Pyongyang. They say much will depend on China's willingness to enforce the measures. REUTERS

Sudan executes 9 men found guilty in journalist's murder

KHARTOUM Sudanese authorities yesterday executed nine men found guilty in the 2006 murder of a Sudanese newspaper editor, state media said.

The case has been sensitive for officials, who initially banned reporting of the trial other than by state media. The nine men are from Darfur, a region torn by conflict between government and rebels.

The decapitated body of the editor, Mohamed Taha Mohamed Ahmed, was found in Khartoum in September 2006. His hands and legs were tied and his head lay next to his body. REUTERS

News in brief

PARAGUAY President Fernando Lugo admitted yesterday he is the father of a child conceived when he was still a Roman Catholic bishop. Lawyers for the 26-year-old mother of the baby filed a paternity suit against Lugo last week and investigations were underway.

VERDICT Legendary music producer Phil Spector was found guilty yesterday of second degree murder in the 2003 death of an actress after a five-month retrial. Lana Clarkson, 40, died from a shot in the mouth fired from Spector's gun in the foyer of his home

FILM The wife of Australian actor Mel Gibson filed for divorce yesterday after 28 years of marriage, citing irreconcilable differences. Robyn Gibson filed divorce papers in Los Angeles Superior Court yesterday. REUTERS

French for Federal Government Employees

Increase your language abilities and have a chance at a better position.
Reach your BBB, CBC or CCC Level
Saturday courses starting: April 25 2009
Evening courses starting: April 27 2009

For more information and registration
Visit: www3.lacitec.on.ca/145.html
or call Mathieu Gorman 613 742-2483, ext. 2772
Email: mgorma@lacitec.on.ca

la cité collégiale
www.lacitecollegiale.com

LOCAL
Managing Editor, Tracey Tong
Sales Manager, Dara Mottahed
Distribution Manager, Bernie Horton

NATIONAL
Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt
Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mrktng Director, Jodi Brown

Comment & Views

Comment

Will Canada ever grow up?

Poll on the recession just out. The West, where Stephen Harper is popular, thinks he is doing a terrific job of handling the economic crisis. Quebec, where he is not, thinks he's doing a terrible job. Ontario and the Maritimes give him a middling rating.

The PM's anti-recession policies are national, not regional. But as the polling results indicate, regional hyper-sensitivities carry the day. They always have, they still do and they probably always will.

The prime minister actually made a good effort at trying to mend the regional divide. In his first term in office he bent over backwards trying to please Quebec, his granting of nation status to the Quebecois being no small example.

That won him some respect. But last August his government introduced nationwide cultural spending cuts.

In the great scheme of things it was hardly big news. But Quebecers, forgetting the PM's positive gestures, took this as a terrible affront. They were also angered that during the parliamentary crisis last fall, he went on about how awful it would be if separatists were part of a coalition government. As leader of the country, you're not supposed to condemn separatists.

Stephen Harper

As a consequence, Mr. Harper's stock in the province has plummeted and the country has returned to its century-old divide.

The West in one corner, Quebec in another. For the Conservatives, it started way back with prime minister Robert Borden. He brought in conscription during the First World War.

It took Quebecers decades to forget. The Quebec-born Brian Mulroney brought the province back into the fold for a while but, try as he might, he could never satisfy Lucien Bouchard's constitutional demands. Quebecers turned on him in the form of the Bloc Quebecois.

The sensitivities in la belle province are matched by those on the prairies. Mr. Mulroney catered to the West, bestowing many a favour, such as the burying of the National Energy Program.

But he was not conservative enough on some economic questions and — Good Heavens! — he chose Montreal over Manitoba in the awarding of an aircraft maintenance contract.

That was enough to trigger a revolt in the form of the Reform Party.

The Liberals, of course, have never been able to catch a whiff of support in the West ever since the NEP. It's three decades later. Westerners won't forget.

It's the 21st century and the country's great cleavages are as wide as ever. No matter what a prime minister does, the biases run too deep to be unrooted.

Some wonder if we'll ever grow up. They have reason to do so.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

MICHAEL DE ADDER

Metro Online Poll Results

90% SAID Yes	Would you have booed Billy Bob Thornton's band? *Weigh in on today's question at metronews.ca*	10% SAID No

Views

Reforming health care means reforming illusions

Keith Martin

The biggest hindrance to better health care is our own illusions.

Contrary to public opinion, Canada does not have the best health-care system in the world. We actually rank 26th, but have the fifth highest health-care expenditures. So, which countries fare better than us, and why?

The Canadian Medical Association recently found that 17 of the world's top 20 national health-care systems are European. These world leaders all have mixed systems that combine both public and private providers so everyone is covered. No one has huge medical bills and information technology is widely used.

Using central IT databases to input prescriptions has led to less drug abuse, greater oversight and increased transparency. Also, the efficient integration of public and private services has actually drawn on the strengths of both systems so that patients can access the care they need without expensive bills. Countries have even been able to expand coverage to include global prescription drug coverage. The introduction of healthy competition has spurred innovation, better care and cancelled out inefficiencies in the health system.

In Europe, patients are placed at the centre of the health-care system. Hospitals are motivated to attract patients and provide optimal care because they receive funding and resources for services rendered instead of block-funding. Money is then freed up for prevention, health promotion and other initiatives that reduce the demands on the system.

"Canada does not have the best health-care system in the world."

When Europeans hear that Canadians tolerate atrocious waiting lists of nine to 12 months or more for care, they are shocked. Unfortunately, the debate around health-care reform in Canada remains mired in the false assumption that changes to our current system would result in a U.S.-style system. Policymakers have chosen to look the other way rather than act and as a result Canadians are suffering a decline in access to care.

Canadians must fully grasp the following truths:

- An aging population and more expensive technologies are exhausting the supply of government money for health care. This structural shortfall will be exacerbated by the global economic downturn.
- The Canada Health Act, and its five principles (public administration, comprehensiveness, universality, portability and accessibility), is broken in every province, every day.

We actually have a mixed system, but it is not integrated in a way that supports our public system. As such, the status quo is contributing to the creeping privatization of our public system.

If we fail to modernize our health-care system and live with the illusion that we have the best system, more and more people, particularly those of modest means, will fail to receive the care they need. We can have the best health-care system in the world, but we must have courage and not fear change.

Dr. Keith Martin has been the Liberal MP for Esquimalt-Juan de Fuca on Vancouver Island for 16 years. He worked as a physician in emergency medicine and general practice from 1987-2006.

Letters

Canadian Tamils feel helpless

I want to take this opportunity to offer my sincere and unreserved apology to our fellow Canadians (on behalf of the Canadian Tamils) on whose daily routines were disturbed due to the gathering and causing traffic jam in Ottawa.

But the Tamil community here in Canada collectively feels helpless, infuriated, frustrated and depressed about the genocide committed by Sri Lanka against our brethren in the northern Sri Lanka. Sri Lanka uses the internationally banned chemical weapons, killing Tamil civilians in northern Sri Lanka.

I hope and pray our government and media hears our struggle. Please use your good office to bring urgent attention to these crimes against humanity in Sri Lanka.

ESAN SATKUNARAJAH, SCARBOROUGH, ONT

It's your turn to tell others what you think. Email your thoughts and opinions to: ottawaletters@metronews.ca
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

Consider replacing your old lawn mower
Replace your gas-powered lawn mower with an old-fashioned push-and-pull model. That will cut back your home's carbon load by almost 100 kilograms per year, according to WWF-Canada. TORSTAR NEWS SERVICE

Going Green

Shoppers offers green line

Shoppers Drug Mart gives Canadians an effective new way to clean at home and be good to the planet with the Earth-friendly Clean Planet product line. Formulated and produced in Canada by Qwatro Corp., Clean Planet features a comprehensive range of home cleaning products that are biodegradable, phosphate-free and recyclable. METRO NEWS SERVICES

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

The new breed of lawn care

Save time, money and reduce your carbon footprint without pesticides

CRAIG MACPHERSON
for Metro Canada

On April 22 (Earth Day) the Ontario government will implement a ban on pesticides for cosmetic use. It's also a hot topic in municipalities across the country.

No more Killex, Par III, Merit for grubs ... the list goes on.

This has left many in the lawn-care industry scrambling to find effective alternatives, or reposition their brand, not to mention the confusion of the homeowner running to stock up on pesticides, but it doesn't have to be that way.

The best way to keep your lawn weed-free and resistant to disease and insect infestation is a sound maintenance program that begins with soil testing.

By testing your soil and having it evaluated by an accredited lab you can find out what deficiencies your soil may have and treat them organically with a program designed specifically for your lawn.

Sounds expensive, but it's not. This procedure can be completed for around $40.

Next, whether you're a do-it-yourselfer, or have a lawn company taking care of your lawn, proper fertilization, aeration (preferably twice a year), watering, cutting and over-seeding are key.

A sound maintenance system is the key to maintaining a healthy lawn without the use of pesticides.

Annual fall over-seeding especially is your golden ticket to success, but be careful. Don't skimp and buy cheap seed. The less expensive the seed, the more weed seeds you'll be putting back into your lawn. Likewise, topsoil is just as bad. Remember, we are trying to prevent the germination of weeds, not add to the problem.

One suggestion is a low-maintenance seed blend like Eco-Lawn, which doesn't require topsoil, has a deep root system (22.86 centimetres in clay-based soils requiring little or no water), performs well in shade as well as full sun, and grows slowly. It is also high in endophyte to help guard against foliar-feeding insects like chinch bugs.

Grass seeds like Eco-Lawn are the most inexpensive and environmentally friendly way to keep your lawn thick and weed-free. Over time, you won't need to care as much for your lawn, you will conserve water and cut down on lawn mower emissions, without fertilizer, or weed control.

For too long the lawn-care industry has been feeding the top growth instead of your soil, creating a shallow root system for your grass. Why? Because it's faster and more cost-effective to do it that way.

Now it's your turn to save time and money and reduce your carbon footprint at the same time.

Embrace the new breed of lawn care.

Craig MacPherson is the owner of Durham Lawn Jockey, an Ontario-based lawn care company.

Making a difference every day

On April 22, more than six million Canadians will participate in activities to help protect and preserve the environment in celebration of Earth Day. But let's not forget to take care of the environment the rest of the year.

Here are five easy ways you can make a difference to the environment throughout the year from TD Friends of the Environment Foundation:

Walk or bike to work, or to run errands during the week;

Use energy-efficient appliances;

Open the windows and give the air conditioner a rest during the summer;

Turn off the lights when leaving a room;

Grow your own food, and encourage kids to get involved by helping to plant the seeds and watch the fruits and vegetables grow.

NEWS CANADA

EarthTones

Sophia Dore & Andrew Laursen

metronews.ca/earthtones

Earth Tones will return.

MORE ON EVERY ROLL CAN MEAN LESS WASTE IN MY TRASH.

When you choose Charmin Mega Roll, a Future Friendly product, you can create less waste. Because with Charmin Mega Roll you get the same number of sheets as 4 regular Charmin rolls combined. That means fewer roll changes, and fewer wasted cardboard cores. So when it comes to making a difference, you're on a roll.

DISCOVER WHAT OTHER STEPS YOU CAN TAKE AT: futurefriendlybrands.ca

I'M THINKING Future Friendly

Starwood going ahead with Sheraton overhaul
Starwood Hotels & Resorts Worldwide said yesterday it was moving ahead with a $4-billion US overhaul of its Sheraton brand despite the economic slump. REUTERS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Canwest shares are worthless: Analysts

Company faces $30.4M debt deadline today

Shares of Canwest Global Communications are essentially worthless and should be avoided by investors as Canada's biggest media company fights to restructure its massive debt amid a severe advertising downturn, analysts said yesterday.

Canwest has another debt deadline looming today, by which time it must pay $30.4 million US in interest to holders of its eight per cent senior subordinated notes. The payment was originally due March 15, but the company missed it.

If it doesn't pay today, the investors can demand the repayment of about $761 million of outstanding principal on the notes.

"Given the significant liquidity challenges facing the company, we see no residual value in the shares of Canwest."
Tim Casey, BMO Capital Markets

"Given the significant liquidity challenges facing the company, we see no residual value in the shares of Canwest," BMO Capital Markets analyst Tim Casey wrote in a note to clients.

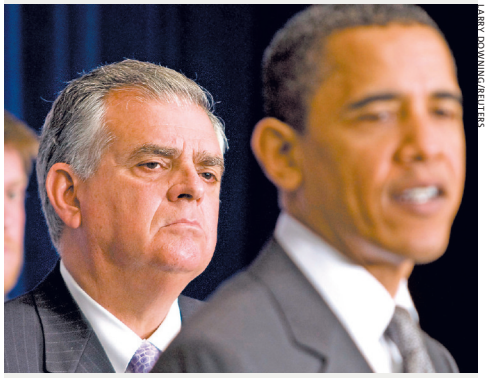
While critical, the looming interest payment is only the tip of the iceberg for Winnipeg-based Canwest, which has a debtload of about $3.7 billion Cdn, some of it dating back to its 2000 acquisition of newspaper assets from Hollinger International.

Analysts have said that Canwest could file for bankruptcy protection, but the company thus far has continued to negotiate with its creditors rather than involve the courts.

"We continue to believe there is significant risk Canwest is forced into bankruptcy protection or to sell assets at unfavourable prices or a massive debt restructuring," GMP Securities analyst Jason Jacobson wrote to clients. "Either way, we believe Canwest equity value is very limited."

His target price on the shares is zero. REUTERS

U.S. Projects under budget


LARRY DOWNING/REUTERS

U.S. Secretary of Transportation Ray LaHood, left, listens to U.S. President Barack Obama speaking about the economy at the U.S. Department of Transportation in Washington yesterday. Obama said yesterday that 2,000 major infrastructure projects being undertaken as part of his $787-billion US economic stimulus plan were ahead of schedule and under budget.

Business in brief

GM Shares of General Motors Corp. plunged 16 per cent yesterday as traders shed positions out of fear the U.S. government will push the automaker into a bankruptcy that could wipe out existing equity.

LAWSUIT General Motors Corp. is facing a lawsuit in Canada from unsecured bondholders after the auto giant paid dividends from a small Canadian unit even as it teetered near insolvency.

ACQUISITION India's Tech Mahindra will pay more than $550 million US for a controlling stake in Satyam Computer Services, throwing a lifeline to the fraud-hit firm and moving itself into the top tier of Indian outsourcing firms. REUTERS

Smartphones a priority for top carriers

WIRELESS The shift toward so-called smartphones — wireless devices that combine voice calling, email, mobile web browsing and multimedia functions — could pick up speed in Canada as the country's big wireless carriers seek to avoid an "abyss" created by falling prices for voice services.

Though considered the future of the industry, a weak economy and the threat of increased competition is putting near-term pressure on carriers to move more subscribers onto devices such as the popular BlackBerry or iPhone in a bid to boost how much they spend on wireless services.

Smartphone subscribers generally require both a voice and data package to make full use of their devices' features.

The point was hammered home last week after Telus Corp. delivered a pre-earnings warning that included a 5.6 per cent drop in its average revenue per user to $58.39 during the first quarter. TORSTAR NEWS SERVICE

IT'S WORSE THAN YOU THINK.

More people die per year from diabetes than breast cancer. In fact, diabetes is a leading cause of death by disease in Canada. That's because diabetes puts you at higher risk for heart disease, stroke, kidney failure and other serious health complications. And research shows being of Asian, South Asian, Hispanic, Aboriginal or African Caribbean descent increases your chances of being diagnosed with type 2 diabetes.

Type 2 diabetes accounts for 90% of all diabetes cases – but it is preventable. You can find out how at **ontario.ca/diabetes**

Ontario

Paid for by the Government of Ontario

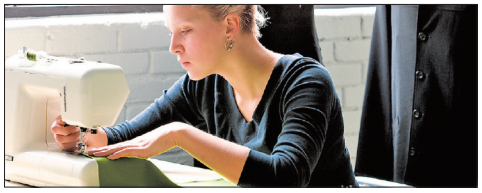
Interest rates/Savings accounts
METRO NEWS SERVICES

BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	Scotia	TD
1.5%	1.5%	1.5%	2.0%	1.7%	1.45%	1.5%	1.75%	1.25%

Note: Please check bank websites as some rates require a minimum account balance.

Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA



A reader spends a lot making her own clothes as gifts.

Is it a hobby or business?

MoneyMatters

Q I've worked in retail for more than 10 years. However, I enjoy designing women's fashion. This year, I spent more than $6,000 for materials, equipment and travel. I give my designs as gifts and family and friends are ecstatic. I was advised by a colleague to register a business and claim the expenses on my tax return. Are these deductible?

— Talia

A With layoffs continuing at record numbers, many individuals find creative ways to earn income. Many entrepreneurs are born because of increased unemployment. The Canada Revenue Agency website describes factors that distinguish between a business and a hobby.

Expenses incurred for the purpose of earning business income can be deducted for tax purposes. These would include but not limited to such cost as office supplies, accounting/legal fees, travel expenses, advertising and marketing, material costs, etc. Cost incurred for the personal enjoyment of an individual's hobby are not deductible for tax purposes.

The act of registering a business in itself does not necessarily qualify expenses deductible for tax purposes.

Individuals involved in "hobby" activities such as artist, musicians, photographers, writers and the like should be diligent that their activities are commercial in nature for claiming expenses.

Keep receipts, proper books and records in the event of an audit by the enforcers of our tax system. Legitimate commercial activities should not be denied deductions because of the nature of the activity.

Here are some factors used in determining if expenses are deductible for tax purposes:

- Expenses incurred for earning income
- Reasonable expectation of profit
- Intention of individuals
- Time devoted to business enterprise
- Capital utilized

If success is measured by enjoyment, then an individual would indeed have achieved success if he/she can make a living at an activity they enjoy.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

Investing

Allan Small looks into the big U.S. banks and the current bull run. To read the column, visit metronews.ca/investing

Bold is beautiful for unearthing bargains

Take initiative in finding discounts on regular purchases

SmartCookies

Most people don't want to appear cheap or rude when it comes to bargaining for a better price. But if you really want to keep more in your wallet, prepare yourself to push for savings.

In the past week, one of the Smart Cookies negotiated her dentist bill (15 per cent off), while another negotiated her parking ticket from $60 down to $15. We're not afraid to ask.

Admittedly, however, there was a time when we thought trying to negotiate a better price might make us appear cheap, rude or worse — embarrassed if we were turned down.

Now is the time though to negotiate on just about everything. To help you keep more money in your pocket, we've listed a few simple strategies to make the most of your negotiating:

Be Realistic

Don't go in and ask to get something half price off up front. Let the retailer name their best offer and work from there. You might come in too high and offend or too low and leave cash on the table.

Be nice

The old adage you catch more flies with honey applies to money as well. You get more savings with a smile.

One at a time

If you're looking to get a group discount, negotiate the price of one item down first. For example, if you were looking to get a group of dresses (for a wedding, say), first negotiate a single dress down and then explain you are interested in buying more and the price should drop even further.

Pick the best day of the week

Think about when you're happiest and it's probably towards the end of the week. That's also when retailers are likely at their happiest and most accommodating as well. Thursday and Friday are often the best days to negotiate on price.

On the flipside, make an appointment for a salon or service in the first half of the week (salon's slow days) and you may be able to negotiate a 10 to 20 per cent discount. Referring new customers could also earn you a price break.

"Think about when you're happiest and it's probably towards the end of the week. That's also when retailers are likely at their happiest and most accommodating as well."

Mom and Pop shops

Whenever you're buying from the owner, discounts are easier to get than in chain stores. Mom and Pop shops are also more likely to work a deal with you. They want to deter you from shopping at the big box stores and will have more flexibility to make a price change.

Cash is king

Vendors typically pay a processing fee when you use your card so they are more likely to cut you a deal using cash. Many times, it's possible to also negotiate the tax off if you are using cash.

Other free stuff

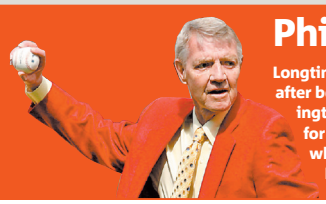
If you don't get a discount, see if they can throw in anything additional. Free delivery, extra perks, etc.

Have a tip for the Smart Cookies? Email us at smartcookies@metronews.ca. Visit smartcookies.com or pick up Smart Cookies Guide to Making More Dough for more on saving and smart spending.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Mark (The Bird) Fidrych dies
Former all-star pitcher Mark (The Bird) Fidrych died in an apparent accident yesterday at his farm in Massachusetts. He was 54. The colourful right-hander was the American League rookie of the year for the Tigers in 1976. METRO NEWS SERVICES

Sports



Phillies broadcaster Kalas dies

Longtime Philadelphia Phillies broadcaster Harry Kalas died yesterday after being found passed out in the broadcast booth before a game in Washington against the Nationals. He was 73. Kalas had surgery earlier this year for an undisclosed ailment that the team characterized as minor. Kalas, whose signature home run call was "Outta here!" also did voice work for NFL Films and Chunky Soup commercials. METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

MLB Cubs win home opener

JONATHAN DANIEL/GETTY IMAGES

Alfonso Soriano, Reed Johnson and Kosuke Fukudome of the Chicago Cubs celebrate winning their home opener, 4-0 over the Colorado Rockies at Wrigley Field yesterday.

A look at round one

NHL playoff teams were decided before the final weekend of the season, but the matchups weren't set until after the last regular season games were completed Sunday.

Eastern Conference

Boston (No. 1, 53-19-10) vs. Montreal (No. 8, 41-30-11)

The Original Six rivals meet in a playoff series for the second year in a row and the 32nd time overall.

Washington (No. 2, 50-24-8) vs. N.Y. Rangers (No. 7, 43-30-9)

Alex Ovechkin takes Broadway. Sean Avery is sure to get plenty of attention as well.

New Jersey (No. 3, 51-27-4) vs. Carolina (No. 6, 45-30-7)

Some had the Devils pegged as Eastern Conference favourites until they limped to the finish. Carolina has won two of the three playoff series between these teams and reached the Stanley Cup both of those years — 2002 and 2006.

Pittsburgh (No. 4, 45-28-9) vs. Philadelphia (No. 5, 44-27-11)

A rematch of last year's Conference final for the rivals from Pennsylvania. Sidney Crosby's Pens might be the NHL's hottest team heading into the playoffs.

Western Conference

San Jose (No. 1, 53-18-11) vs. Anaheim (No. 8, 42-33-7)

The first playoff series between two NHL teams from California since the Los Angeles Kings since 1969.

Detroit (No. 2, 51-21-10) vs. Columbus (No. 7, 41-31-10)

Detroit's quest for another Stanley Cup starts with a matchup against a division rival. Not only are the Blue Jackets appearing in the playoffs for the first time ever, they're doing so with a rookie goaltender. Steve Mason turned 20 just weeks ago and had a league-leading 10 shutouts this season.

Vancouver (No. 3, 45-27-10) vs. St. Louis (No. 6, 41-31-10)

The Canucks did well to reel in Calgary and capture the Northwest title. Now they'll want to put home ice to good use. St. Louis climbed from last place in the at the all-star break to an unlikely playoff position.

Chicago (No. 4, 46-24-12) vs. Calgary (No. 5, 46-30-6)

Which Flames team will show up? Calgary has been among the more unpredictable teams this season, looking brilliant during some stretches and awful during others. METRO NEWS SERVICES

SCOREBOARD

NHL

STANLEY CUP PLAYOFFS, FIRST ROUND
TOMORROW'S GAMES
N.Y. Rangers at Washington
Philadelphia at Pittsburgh
Carolina at New Jersey
St. Louis at Vancouver
THURSDAY'S GAMES
Montreal at Boston
Columbus at Detroit
Calgary at Chicago
Anaheim at San Jose

NBA

YESTERDAY'S RESULTS
Toronto 97 Washington 96
Cleveland 117 Indiana 109
New Jersey 91 Charlotte 87
Chicago 91 Detroit 88
Orlando at Milwaukee
New Orleans at Houston
Minnesota at Dallas
Sacramento at Denver
L.A. Clippers at Utah
Memphis at Phoenix
Oklahoma City at Portland
San Antonio at Golden State

MLB

YESTERDAY'S RESULTS
Chicago White Sox 10 Detroit 6
Chicago Cubs 4 Colorado 0
L.A. Dodgers 11 San Francisco 1
Philadelphia 9 Washington 8
Pittsburgh 7 Houston 0
N.Y. Yankees at Tampa Bay
Baltimore at Texas
Toronto at Minnesota
Cleveland at Kansas City
Boston at Oakland
San Diego at N.Y. Mets
Cincinnati at Milwaukee
St. Louis at Arizona

For more sports coverage visit: **metronews.ca**

ATTENTION SECURITY GUARDS
• THE SECURITY ALLIANCE GROUP •
has immediate openings for Security Guards, Mobile Patrol Officers, Bar/Restaurant Guards Armed Escorts, Special Events & By-law Enforcement Officers.
Experience preferred but not necessary, training offered.
For an interview call **613.820.3554** Mon-Fri 9am-5pm

Teach English in Canada or Overseas
NOW AVAILABLE IN OTTAWA
The ACE TESOL Certificate Course
This teacher training course is recognized by TESL Canada www.tesl.ca
• Fast –Track to certification
• Learn Effective and Practical ESL teaching skills
• Job Placement assistance in Canada and Overseas
FREE INFO SESSION
Wed. April 8, 2009 – 5:00 pm RSVP As seating is limited
Centre Linguistique du Collège de Jonquière
50 O'Connor Street, 14th Floor
Tel: 613-566-7004, ext 226
E-mail: silvia.ursini@cjonquiere.qc.ca
www.languages-jonquiere.ca
NEXT SESSION FOR 2009
Full-Time: May 4 – 29, 2009

Z6 Urban Lofts
Freedom • Living • Life
REDEFINING CONDO BUYING IN OTTAWA
YOU DECIDE THE PRICE!
NO REASONABLE OFFER WILL BE REFUSED!
Construction begins May 2009
Completion Spring 2010
Nestled in the heart of Ottawa at the culinary and cultural crossroads of Little Italy and Chinatown.
Encompassing only four floors, Z6 Urban Lofts is intimate and elegant—designed on a scale that fits this established residential neighbourhood. Z6 Urban Lofts exudes quality and value—complete with elevator, fitness centre and underground parking. Each of the ~~26~~ 17 floor plans can be customized before construction commences, ranging from 587 sq. ft., up to 1,192 sq. ft. For a complete list of all suites and amenities, including hardwood and ceramic floors throughout, radiant heated flooring in master bathrooms, granite counter tops, fibre-optic internet, and much more, visit www.Z6UrbanLofts.com.
* For a limited time only. All offers must be made in writing at the Sales Centre on vendor's form.
Sales Centre: 613.234.3322
224 Preston Street, Ottawa
1 block north of Gladstone

Chew for strong teeth

Trident Xtra Care is the first gum in Canada that is made with Recaldent, a form of calcium that works to make teeth stronger and fill tiny crevices in teeth where cavities can begin to form. **BEST HEALTH MAGAZINE**

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Until April 26, Lush cosmetics will be giving away seed bombs (pictured), which are flower seeds you are encouraged to plant.

Explosion of flowers

EARTH DAY Take back the pavement. That's one of the slogans of a new campaign by Lush, makers of handmade cosmetics.

From now until 26, Lush stores across Canada are giving out seed bombs. The idea is to throw the seed bomb somewhere that needs colourful flowers (vacant lots, empty planter boxes and alleyways), and watch the transformation.

They call it a random act of kindness to Mother Nature, and it's to honour Earth Day on April 22.

Seed bombs are made of soil, seeds, water and clay and rolled into a small ball.

CELIA MILNE/FOR METRO CANADA

Watch your mouth

Oral health reflects a person's overall health, say experts

CELIA MILNE
for Metro Canada

ISTOCK PHOTO

April is oral health month. Take heed of the Canadian Dental Association's recommendations to brush your teeth and tongue at least twice a day, floss every day and avoid excess sugar.

Caring for your teeth and gums is critical for overall health.

In fact, did you know that proper dental care might lower your risk of heart disease?

"You can't claim to be healthy if your mouth is not healthy," says Dr. Benoit Soucy, director of clinical and scientific affairs at the Canadian Dental Association in Ottawa.

When we don't brush and floss properly, plaque builds up in our mouths. Our gums then become inflamed. "Wherever there is inflammation it does create wear and tear on the whole system," Soucy told Metro. "When plaque builds up over the years, it could increase your chance of heart disease and other negative health outcomes."

Research shows that people with gum disease have more of other diseases such as pancreatic cancer, cardiovascular disease and premature births. Signs that you may have gum disease are that your gums bleed easily, are sore to the touch and look as if they are receding.

The early stage of gum disease, called gingivitis, is very common, especially as we age. It affects about 53 per cent of adults and as many as 98 per cent of those over age 60, according to a paper prepared by the Canadian Task Force on Preventive Health Care. Advanced gum disease is much less common, occurring in approximately seven per cent of young adults and 34 per cent of the elderly.

A glimpse at the international medical literature shows the association between dental health and heart health.

Many medical studies around the world show that oral health tends to reflect heart health, though proof is still lacking that gum disease is a direct cause of cardiovascular disease. Researchers still haven't found the "smoking gun," says Soucy.

The Canadian Dental Association recommends the following steps to good oral health:

- See your dentist regularly.
- Brush your teeth and tongue at least twice a day.
- Floss every day.
- Eat a well-balanced diet, avoiding excess sugar.
- Watch for signs of unhealthy gums such as: bleeding when you brush or floss, red and puffy gums, bad breath that won't go away, loose or sensitive teeth, receding gums, change in colour of the gums. See your dentist if you are concerned.
- Look for warning signs of oral cancer: bleeding, open sores, white or red patches, numbness or tingling, lumps in your mouth.
- Don't smoke.

April is oral health month, a reminder that we all need to take better care of our precious ivories.

New and notable

- Throw out the toothpaste? Researchers at the University of Saskatchewan are testing a light-activated semiconductor toothbrush that actually releases electrons to break down plaque. Pretty electrifying!
- Go Green. We may see green tea in more oral-care products. Some research supports the natural decay-fighting properties of this agent.
- Rinse and spit to beat oral cancer. Colgate-Palmolive is developing a mouthwash that may suppress cancerous tumours.

BEST HEALTH MAGAZINE

In brief

ORAL HEALTH Pack these products in your purse to ensure you're caring for your teeth and gums on the go.

- Ohso Marko Travel Toothbrush. This handy brush stores toothpaste inside the handle.
- Reach Cleanpaste. This floss is pre-coated with a formula that leaves no residue.
- Spiffies Tooth Wipes. Designed for infants, but adults can use them, too, when brushing isn't an option.

BEST HEALTH MAGAZINE

Protect your teeth with yogurt
Researchers at two Japanese universities discovered that people who regularly eat foods containing lactic acid, such as yogurt, have a lower incidence of gum disease—a major cause of tooth loss in adults. **BEST HEALTH MAGAZINE**

Sexual banter at work

It'd be a pretty dull day at the office if no one ever cracked a dirty joke. But, some say, years of zero tolerance sexual harassment policies in the workplace have produced a frigid climate where everyone has to check their sexual beings at the reception desk (without making an inappropriate comment to the receptionist, of course).

Well, a new study has broken the ice… sort of.

Researchers at University of Toronto's Rotman School of Management and the University of British Columbia's Sauder School of Management discovered that some employees say they actually, gasp, enjoy the occasional sexually charged joke, discussions of sexual matters or flirtation around the office.

But before you go patting your co-worker on the butt, the study also found that the same workers who said they enjoyed some sexual banter in the workplace also withdrew from work, felt less valued and reported depressive symptoms more often than employees who experienced little to no sexual behaviour at the office.

In other words, a little sexual innuendo might be good for a laugh, but it's lousy for morale and productivity.

"In our culture, sexuality has connotations of domination, subordinance and vulnerability," said professor Jennifer Berdahl, co-author of the study.

"Often a dominating behaviour is a way of making someone squirmy. Why bring this into the workplace?"

Considering how quickly most dinner party conversation eventually gets around to the topic of sex, it's unrealistic to think that people who spend eight to12 hours a day together aren't ever going to go there.

But you only have to watch an episode of Mad Men to see how bad things might still be if we hadn't put on the brakes. Sexual harassment laws did much to eliminate the day when it was okay to make "bosom" cracks in front of your female secretary.

As far as I'm concerned, as long as men and women are too daft to recognize behaviour that makes another person squirmy, we still need rules to keep the workplace from feeling like a singles' bar or, even a dinner party.

And no, I don't think that's funny.

"Often a dominating behaviour is a way of making someone squirmy. Why bring this into the workplace?"
Jennifer Berdahl, professor

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Health in brief

TOOTH CARE Bionic Gel toothpaste, from a U.S.-based company, actually contains silver particles purported to battle gum disease and tooth decay. It's available in Canada at some health food stores and dentist offices.
BEST HEALTH MAGAZINE

ADVERTISING FEATURE

YOUR DENTAL HEALTH

OPEN EVENINGS & SATURDAYS

NEW PATIENTS WELCOME

Located in the Rideau Shopping Centre • 613-230-7475
SMILE RIDEAU STYLE

NO TOOTHBRUSH? TRY EATING TO CLEAN YOUR TEETH!

Just imagine that you are out having lunch on a work day. Time is tight and you just do not have the time to sneak back into your office to brush your teeth with the toothbrush you keep in your desk. But you are meeting someone and you do not want to go into the meeting feeling as though your teeth are in desperate need of cleaning. What are you to do?

Ironically, the answer may be eat some more!

Of course, you have to be careful what you eat. And no matter what, no food can ever be a substitute for brushing and flossing after a meal. But some foods can help keep your teeth clean and strong.

Perhaps not too surprisingly, foods that do the best with helping to clean the teeth are those that require a great deal of chewing. In particular, apples, pears and celery can help clean and whiten teeth to some extent. While chewing these foods, the mouth tends to produce a lot of saliva which can help wash away unwanted food and bacteria.

In addition, some people find that celery also helps make their breath feel a bit fresher. In other words, when you cannot brush, apples, pears and celery may be a great choice to finish a meal!

Dr. Bao Nguyen
Dental Surgeon

But what about foods that might work while you eat them? You might want to consider salads with either lettuce or spinach. And through some raw broccoli in there as well. All of these foods can produce a thin film that helps prevent staining. That film can also act as a barrier against the formation of plaque.

If you notice that you do have some stains on your teeth, particularly coffee or tea stains, some people find that strawberries can remedy that situation. Strawberries have gentle cleaning and bleaching properties that can help reduce unsightly coffee or tea stains.

In addition to the cleansing properties of the foods mentioned, perhaps you will also notice that these foods are quite nutritional. This is also important for the health and appearance of your teeth. Healthy diets mean healthy bodies! When the body is healthy, there is a greater chance that the teeth will look and feel healthy as well!

Just remember, these foods only help clean your teeth in a pinch. Nothing can replace regular brushing and flossing!

So like the old saying goes, you are what you eat. And if you want a clean, healthy look, you should load up on foods that keep you and your teeth looking clean and healthy!!! Because eating foods that clean and strengthen your teeth is a healthy habit…and healthier habits lead to healthier lives.

Dr. Bao Nguyen - Dental Surgeon

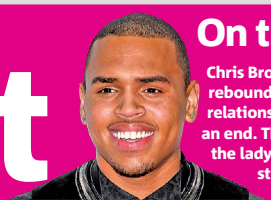
DON'T SIGN HERE
X_____
267648/0410

JUST CALL (613) 234-9227
The Vital Health Centre
369 Bank Street www.vitalhealthsystems.com
See Centre for details
Gilmour
Lewis
Bank St.

Jewison to be honoured

Cher, Faye Dunaway, Eva Marie Saint, Carl Reiner, Marilyn & Alan Bergman and famed cinematographer Haskell Wexler will join Canadian filmmaker Norman Jewison on stage for a special conversation about Jewison's legendary career in Los Angeles this Friday. METRO NEWS SERVICES

Entertainment



On the rebound

Chris Brown is reportedly on the rebound, just weeks after his relationship with Rihanna came to an end. The N.Y. Daily News reports the lady is a Virginia college student. POPEATER.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Metric takes a positive turn

BRYAN BORZYKOWSKI
for Metro Canada

Emily Haines might live in Toronto, but the jet-setting lead singer of Metric, has trouble writing music there. On Fantasies, the burgeoning indie rock band's fourth album, the songstress moved to Argentina for a couple of months to clear her head and pen her new album.

MASTERMIND RECORDS

Fantasies, the new album from Toronto indie rock act Metric, is now available in stores and online.

"Sometimes you have to remove self from your immediate environment to get perspective with what's going on," she says on the phone from New York. "I was on the road so much that when it came to writing a Metric record, I didn't feel like making a disc called 'I've been on tour for the past five years.' I forced myself to experience something that is outside the realm of anyone who knew me."

Haines almost went to North Carolina first, but at the last minute she found an apartment in Buenos Aries with a piano. She brought her Pro Tools enabled laptop and she was ready to go.

Don't worry though, Fantasies isn't filled with South American sounds — if anything getting out of Dodge allowed Haines to challenge herself without the watchful eye of the Toronto music industry looking on. "Doing this gave me a chance to get away from everything and return to what I do best, which is write songs," she says. "As much as I enjoy and appreciate the touring and our connection with fans, I still need to be alone with my instrument."

The end result is another deeply intense and dark new wave, indie pop disc. Musically it's not a major departure from Live It Out or Old World Underground — though it's arguably better than both those discs — but lyrically, Haines sounds slightly more cheery than usual.

While she won't say exactly why her lyrics take a more positive turn this time around ("I don't see any value of explaining what something is," she says), she does admit that the band was interested in fantasizing about the future and what happens when dreams come true.

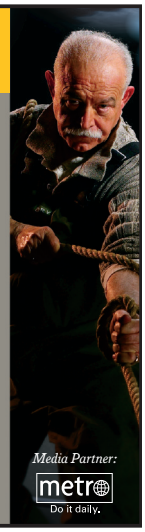
"Anything you can imagine you can make real," she says. "That was really our preoccupation and how everyone I know is trying to navigate every day of their life. It's about their power of imagination over their environment." For Metric's members, many of their dreams have become real. They've opened for The Rolling Stones at Madison Square Garden, they've played every important festival and they're one of the more respected indie acts around. Yet, Haines claims she's never had a plan to be where she is today.

"I follow an impulse to make things when I need to make them," she explains. "And I have no idea what is going to happen next."

"As much as I enjoy and appreciate the touring and our connection with fans, I still need to be alone with my instrument."
Emily Haines

GCTC

PRESENTS THE WORLD PREMIERE OF THE ENGLISH TRANSLATION OF
THE NET
BY MARCEL-ROMAIN THÉRIAULT
TRANSLATED BY MAUREEN LABONTÉ AND DON HANNAH
DIRECTED BY MICHEL MONTY
APR 14 - MAY 3, 2009
"Marcel-Romain Thériault has created a masterpiece" Voir
Box Office: 613-236-5196 | www.gctc.ca
1233 Wellington Street (at Holland Avenue), Ottawa



Media Partner: metro Do it daily.

NBC sees some hope with Thursday premieres

TV A pair of series premieres Thursday night gave NBC hope for an eleventh-hour comeback this season.

The 10 p.m. debut of the network's new cop drama Southland was narrowly topped by the premiere of CBS' mystery-thriller Harper's Island, while Amy Poehler's comedy Parks & Recreation opened to a solid number.

Southland (9.9 million viewers), from ER producer John Wells, built solidly on its 30 Rock lead-in (6.7 million). Harper's Island pulled in more viewers (10.2 million), but it lost a big chunk of its CSI lead-in (16.7 million), and lost viewers during the telecast. ABC aired repeats.

NBC surrounded 8:30 p.m.'s Parks (6.9 million) with two original episodes of The Office (7.3 million and (8 million). It replaced Kath & Kim, which premiered to 7.5 million viewers last October and went on to average 4.9 million during its 17-episode run. REUTERS

Investment strategies for women

Are you looking forward to a financially secure retirement?
Do you need guaranteed income?
Join us to get financial answers to your questions.

Thursday, May 7, 2009 11:45 - 1:00 pm 4:30 pm - 5:30 pm
Constitution Square - RSVP as seating is limited
Refreshments will be served

Guest Speaker:
Jennifer Sinopoli, CI Investments

ScotiaMcLeod
H. Colleen O'Connell-Campbell, CFP, CIM, CDFA, Wealth Advisor
Phone: 613-788-6307 Fax 613-782-6737
colleen_campbell@scotiamcleod.com www.colleenoconnellcampbell.com

Paid of in part by:
CI Investments
Managed by CI Investments Inc.

TM Trademark used under authorization and control of The Bank of Nova Scotia. ScotiaMcLeod is a division of Scotia Capital Inc., Member CIPF. Commissions, trailing commissions, management fees and expenses all may be associated with mutual fund investments. Please read the prospectus before investing. Mutual funds are not guaranteed, their values change frequently and past performance may not be repeated. ® CI Investments and the CI Investments design are registered trademarks of CI Investments Inc.

ATTENTION

Summer Students Welcome

Training incentives and bonuses!
Scholarships programs available

Average $20 per hour
NO EXPERIENCE NEEDED
Product training provided for accepted applicants

To schedule an interview call
613-216-7366

Sheen joins New Moon cast
British actor Michael Sheen is joining Robert Pattinson & Co. in New Moon, the sequel to the blockbuster film Twilight, according to the U.K.'s Daily Mail. EONLINE.COM

Evolution stops here

Dragonball **Evolution**

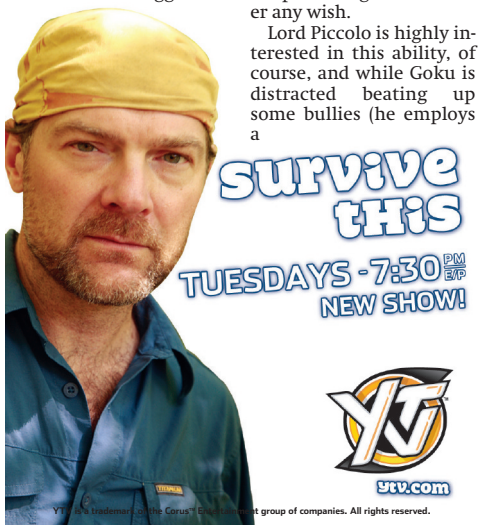
Director: James Wong
Stars: Justin Chatwin, Chow Yun-Fat
Classification: PG

Another Japanese manga bites the dust with its cinematic adaptation: In this case, the Dragonball Evolution series, which has spawned a hugely lucrative worldwide cottage industry that has lasted a quarter-century.

That success is likely to come to a screeching halt with this big-screen version, which will displease its fans and prove utterly baffling to the uninitiated.

The film opened Friday without press screenings, landing the No. 8 spot with estimated three-day sales of just $4.65 million. Overseas prospects are brighter, with sales to date of about $37 million.

A narration during the opening credits attempts to provide some background information about an ancient battle for Earth waged by the evil Lord Piccolo (James Marsters) — why they named the biggest



badass in the universe after a tiny flute is a mystery. But the real story line has to do with Goku (Justin Chatwin), an 18-year-old who is given a mystical dragonball by his grandfather Gohan (Randall Duk Kim). Said dragonball, when matched up with the six others in existence, has the power to grant its holder any wish.

Lord Piccolo is highly interested in this ability, of course, and while Goku is distracted beating up some bullies (he employs a martial arts style best described as "extreme dodging") and wooing a comely fellow student (Jamie Chung), he drops a house on the old man.

Just before dying, Gohan instructs Goku to find Master Roshi (Chow Yun-Fat) to help him procure the remaining dragonballs before the coming solar eclipse — Zzzzzzzzz — sorry about that; where was I? Oh, yes. So Goku sets out on his adventure, joining forces before the inevitable final showdown not only with Master Roshi, who turns out to be a Hawaiian shirt-wearing letch, but also with the sexy Bulma (Emmy Rossum) and the thieving Yamcha (Joon Park).

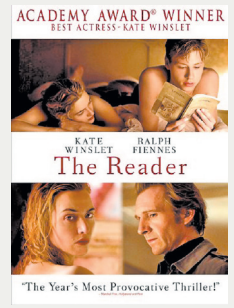
Completely lacking in visual, narrative or stylistic coherence, the film also suffers from cheap-looking visual effects and poorly staged and edited action sequences that will not exactly please the fanboys. Not helping matters is the problematic casting. Rossum comes across about as tough as Hannah Montana; Chatwin is a decade too old for his role; Marsters, so compelling in Buffy the Vampire Slayer, is here vocally and visually unrecognizable; and Chow, though he seems to be enjoying himself, clearly is slumming.

REUTERS

DVD picks

The Reader

Director: Stephen Daldry



MANY OF THE elements are there for the awards-season attention The Reader received, with impeccable acting and faultless cinematography chief amongst its virtues.

Yet this Holocaust-themed story, which director Stephen Daldry and writer David Hare have adapted from the best-seller by German author Bernhard Schlink, loses depth and emotion in the transition to the screen.

Moments that resonate so strongly in print — the illicit sex and the pre-coital book readings — seem almost tawdry or trite. It's also uncomfortable watching what amounts to statutory rape, with an older woman seducing a young teenager.

Other scenes fail to make the full impact required of them, including the pivotal courtroom confrontations. Superlative acting mitigates the structural deficiences, particularly Kate Winslet's Oscar-winning performance as Hanna, a woman we first meet at age 35 in the Germany of 1958 as she seduces 15-year-old Michael (newcomer David Kross).

Michael learns almost nothing about Hanna during his summer dalliance, and doesn't see her again until a dozen years later, when she turns up in court charged with a horrific crime.

The film is bookended by an adult Michael (Ralph Fiennes) musing about his past and coming to grips with it.

Extras include deleted scenes and several featurettes, including one in which Winslet shows how much work and make-up it took to age her as Hanna.

TORSTAR NEWS SERVICE

Kenya's**Style**

Kenya Hunt
Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit:
metronews.ca/movies

WANT TO WORK IN AN EXCITING, REWARDING AND VIBRANT ENVIRONMENT?

Metro Ottawa is looking for energetic and motivated sales professionals
Send your resume to:
ournextteammember@metronews.ca
metro

OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 4/14/09	265	353	2	TVO	Canadian Waterways		The Agenda With Steve Paikin		The Fixer (Part 5 of 6)		Around the World		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	NCIS "Nine Lives"		90210 "Okaeri, Donna!"		Project Runway Canada		News
	-	-	5	SRC	Virginie (SC)	La Facture	Beautés désespérées (SC)		Les Galas 2007 du Festival		Le Téléjournal et Les Nou		La Zone
	209	342	6	CHRO	Instant Star	TMZ (N)	Reaper "The Good Soil"		Dancing With the Stars		(10:02) Without a Trace (N)		Comedy Now
	196	311	7	CTV	Hollywood	etalk	American Idol		(9:01) Fringe (N)		Law & Order: SVU		News (N)
	208	303	8	CBC	Coronation St.	Jeopardy! (N)	Hockey Night in Canada		Rick Mercer	22 Minutes	CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	The Biggest Loser (N)				Law & Order: SVU		News (N)
	117	713	10	TVA	Qui perd gagne (N) (SC)		La Fièvre de la danse (SC)		Kilimanjaro		TVA 22 heures	(10:45) Denis Lévesque	
	-	-	11	QS	Loft Story	Suite 309	Lipstick Jungle (SC)		Men in Trees: leçons		Cent dix pour cent (SC)		Loft Story
	137	763	12	TFO	Panorama		Imagerie		*Stavisky* ★★★ (1974, Biographie) Jean-Paul Belmondo.				Créer Walhalla
	-	362	13	CBS	Dr. Phil (HDTV)		NCIS "Nine Lives"		The Mentalist (HDTV)		(10:01) Without a Trace (N)		Two/Half Men
	216	395	14	OMN2	Raymond	Raymond	News (N)		News (N)		Two/Half Men	King	Cold Case
	214	344	15	CITY	Law & Order: SVU		According-Jim	According-Jim	Rita Rocks	Friends	Curb-Enthsm	Curb-Enthsm	News (N)
	115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	The Biggest Loser (N)				Dr. 90210 "Trans-Parent"		News (N)
	-	361	20	ABC	News (N)	Entertainment	According-Jim	According-Jim	Dancing With the Stars		(10:02) Cupid (N)		News (N)
	512	396	24	CPAC	(5) Dossier public		Heure polit.	L'Heure politique				Tête-à-tête	Dossier public
	651	355	25	CTS	Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	American Idol		(9:01) Fringe (N)		News (N)		News
	-	-	64	PBS	Business Rpt.	Walk in Park	Nova (N) (DVS)		Frontline		Piano Forte: Julia Crane		Charlie Rose
	205	312	104	CTV	Hollywood	etalk	American Idol		(9:01) Fringe (N)		Law & Order: SVU		News (N)
news	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		Seeking Refuge		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	Hockeycentral	Jays	MLB Baseball Toronto Blue Jays at Minnesota Twins. (HDTV) (Live)						Sportsnet Con.
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	400	280	30	TSN	Hockey: U18	SportsCentre	Draft Lottery	Fantasy Draft	Playoffs: Preview		SportsCentre (HDTV) (Live)		
	410	403	52	SCR	Cabby Unlimit	Court Cuts	NBA Basketball Boston Celtics at Philadelphia 76ers. (Live)					NBA Basketball	
	411	457	56	OLN	Bounty Hunter	Bounty Hunter	Departures		Mantracker		Bounty Hunter	Bounty Hunter	Departures
family	417	406	59	SC	Pimp My Ride	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!	Hot Import	Hot Import	Pimp My Ride
	554	544	48	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	American Dad	Moral Orel
	557	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Adrenaline Proj	Survive This	Malcolm-Mid.	Futurama	Family Biz (N)	Prank Patrol	Falcon Beach		Mystery Hnt.
cable variety	570	580	29	MM	The Daily Fix		Ranked!		Rock Rundown		Entourage	Gene Simmons	The Daily Fix
	615	520	31	A&E	CSI: Miami (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		Manhunters	Manhunters	Gangsta Girls
	628	584	32	SPKE	UFC Unleashed		UFC Unleashed		Ultimate Knockouts 6		Deadliest Warrior (HDTV) (N)		Ult. Fighter
	521	560	34	TLC	On the Road With 16 Children		17 Kids-Count	17 Kids-Count	18 Kids-Count	18 Kids-Count	Toddlers & Tiaras (N)		17 Kids-Count
	145	761	35	TV5	Survivre Un jeune oryx.		Pekin express: la route des Incas "Campo Grande-Corumba"				Plage	J'y suis, j'y	Journal TV5
	616	521	39	SHO	The Outer Limits		Mutant X "Blood Ties"		Testees	Trailer Park	Saving Grace (HDTV) (N)		House
	620	523	40	BVO	Rockabilly 514		Live at the Rehearsal Hall		Life Bruce Cockburn		Buffy St. Marie		Law & Order
	520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Time Warp	Combat School (N)		Daily Planet
	575	583	43	CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Anne Murray
	601	562	45	SLC	Skin Deep	Til Debt-Part	Rich Poor	Rich Poor	Rich Bride, Poor Bride		Rich Bride, Poor Bride		ET Canada
	625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Lewis Black	Flt.-Conchords	Daily Show
	294	529	47	TBS	MLB Baseball Florida Marlins at Atlanta Braves. (HDTV) From Turner Field in Atlanta. (Live)						Home Videos	Seinfeld	Family Guy
	600	564	49	H&G	House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	SarahCottage	Design Inc.	House Hunters	House Hunters	Holmes-Homes
	627	528	50	SPC	Stargate Atlantis	(DVS)	Star Trek: Voyager		Torchwood "Reset"		Ultimate Super Heroes-Villains		Stargate SG-1
	581	566	53	MTV	Mom & Dad	After	MTV News	Cribs	From G's to Gents		From G's to Gents (N)		MTV Live
	618	524	54	TROP	Vanity Insanity	Tube Tales	Tube Tales	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	522	506	55	HIS	NCIS "Family"		Sandhogs		Crime Stories		NCIS "Family"		Sea Hunters
	129	773	60	CD	Biographies (HDTV)		Voyage d'enfer "Pérou"		Images-chocs		Les Nouveaux détectives		Mayday
	261	394	61	V	Murder, She Wrote "Nailed"		Chambers	On the Buses	Quantum Leap		I Prophesy	Supernatural	Poltergeist
	602	567	62	W	Will & Grace	Friends	Remedy Me	Keep Real	Style by Jury	Style by Jury	Miss Naked Beauty (N)		Maxed Out
	269	350	70	APTN	Wings-Canada	Storytellers	Wapos Bay	Cashing In	Fish Out	Mixed Blessing	The Rez	Rabbit Fall	Moccasin Flats
	621	527	71	TLK	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Pretty Wicked		The Tonight Show-Jay Leno		TMZ
	603	561	95	FN	Chef at Home	French Food	Restaurant Makeover		The F Word		Good Eats	Good Eats	Iron Chef Am.

critics'corner

Hockey Night in Canada: Stanley Cup Countdown
Time for casual hockey fans to start paying attention, as Stanley Cup time is upon us. In this special, Ron MacLean gathers his Hockey Night in Canada colleagues together to lay the groundwork for the postseason by breaking down the eight playoff series and examining the 16 teams that will be taking part. 8 PM on 8 CBC

NCIS
The team's hunt for the person who brutally killed a Marine puts Gibbs on a collision course with an old friend, senior FBI agent T.C. Fornell (guest star Joe Spano). Michael Weatherly, David McCallum, Pauley Perrette and Sean Murray also star in "Nine Lives"; Jon Huertas guest stars. 8 PM on 13 CBS 3 GTV

The Biggest Loser
Tim Gunn helps the contestants look their best after they receive complete makeovers from Tabatha Coffey and celebrity stylist Brandon Martinez. One contestant is sidelined with an injury that will dramatically affect her workouts. 8 PM on 9 NBC 18 E!

Robbie writes off Take That return

Robbie Williams will not be returning to Take That, former bandmate Gary Barlow says. Williams said last month a reunion was "looking more likely by the week," but Barlow said "Robbie won't be joining," ananova.com reports. METRO NEWS SERVICES

Celebrity Buzz

Young Miley defends memoir

PEOPLE Hannah Montana star Miley Cyrus has defended her memoir against critics insisting she's too young to publish her life story at age 16, femalefirst.co.uk reports.

Cyrus speaks out about growing up in the spotlight, being tormented by bullies and her breakup with singer Nick Jonas in her new autobiography Miles to Go.

And though the teen admits she still has many lessons to learn, she is convinced sharing her many experiences will be eye-opening for her young fans.

She tells Glamour magazine, "In the business I'm in, I have lived a life that some people who are in their 60s haven't lived. I've gone through a lot and seen a lot. But I still have a lot to learn."

METRO NEWS SERVICES

Brangie to adopt again?

KIDS After striking out in India and Burma, Brad Pitt and Angelina Jolie are reportedly looking to the Philippines to adopt their next child.

"Brad and Angie flew out together," a source tells the Daily Mail. "They want to add to their family and tried to adopt from Burma, but the authorities are very strict, so they decided to look at the Philippines."

However, Manila International Airport Authority general manager Alfonso Cusi says there is no sign the couple has been in the country at all in the last week.

"I have checked with all our offices co-ordinating VIP arrivals as well as with the Bureau of Immigration. Sorry to disappoint the fans, but they did not come to the Philippines," Cusi told the Filipino newspaper the Inquirer.

METRO WORLD NEWS

GETTY IMAGES

Madonna still wants Mercy

LEGAL Madonna is making it very clear that she still wants to adopt three-year-old Mercy James from Malawi, even though her initial application to take custody of the girl was rejected.

"I want to provide Mercy with a home, a loving family environment and the best education and health care possible," Madonna told Malawi's the Nation.

And in a statement to CNN, the singer said, "Though I have been advised that I cannot publicly discuss the pending appeal regarding my desire to adopt Mercy, I do want to say how much I appreciate the level of support that I have received from the people of Malawi and my friends around the world."

METRO WORLD NEWS

Get help: Sam to LiLo

BREAKUP While their very public breakup is more than a week old, friends say Lindsay Lohan and Samantha Ronson are still talking to each other — and Ronson is still concerned about Lohan's well-being.

"Sam has begged Lindsay to get help," a source tells People magazine. "Lindsay barely sleeps, which explains a lot of her behaviour. She's exhausted. She can't even sit down for a minute without pacing around the room. It's really sad."

METRO NEWS SERVICES

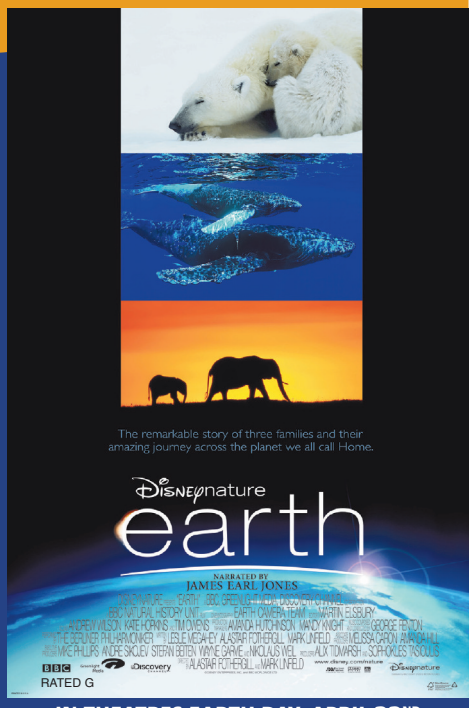
Blake's love child?

RUMOUR Looks like Amy Winehouse reconciling with her estranged husband, Blake Fielder-Civil, just got less likely. Mother of two Gilleen Morris tells News of the World that she's having another baby — and it's Fielder-Civil's.

The woman says she had a brief affair with Fielder-Civil while in a rehab facility in February, and she's now six months pregnant. "Blake seduced me and we had a secret fling," Morris tells the newspaper, adding that while he was shocked when he heard about her pregnancy, "he vowed to stand by me and raise the child."

METRO WORLD NEWS

YOU COULD
WIN
1 OF 50
DOUBLE PASSES TO SEE AN ADVANCE SCREENING OF
Disneynature earth



IN THEATRES EARTH DAY, APRIL 22ND

VISIT METRONEWS.CA AND ENTER FOR YOUR CHANCE TO WIN!

No purchase necessary. One entry per person. Contest open to Canadian residents of legal age. Contest closes April 15, 2009 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.

BUY A TICKET PLANT A TREE
metro

NOT SURE WHERE YOUR FUTURE IS HEADED?

WORRIED ABOUT WHAT IS GOING ON IN THE ECONOMY?

LOOKING FOR STABILITY & GROWTH?

Follow a path you'll feel good about, for the foreseeable future, by bringing communication skills to Convergys, a stable & growing $2.8 billion leader in relationship management. Convergys in Ottawa is currently hiring for Customer Service Agents, Bilingual Technical Agents and Bilingual Sales Agents.

Starting as a Customer Service Representative, you will take incoming calls and assist customers on behalf of prestigious well-known companies.

WE OFFER:
- Outstanding Benefits
- Language Premium
- Employee Stock Plan
- Company Paid Benefits
- Tuition Reimbursement
- Discounted ECOPASS

Apply today!
Fax: 613-667-1100
Ottawa.recruitment@convergys.com

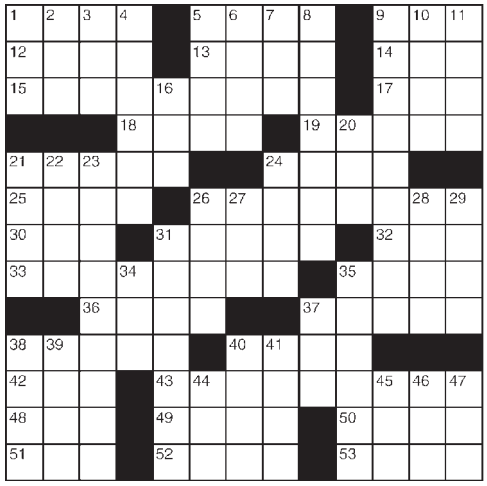
Walk-Ins Always Welcome!
Monday – Friday • 8:30AM-3:00PM
1670 Heron Rd • Ottawa, ON K1V-0C2

CONVERGYS
Outthinking Outdoing

The Weather Network 20 YEARS
©The Weather Network 2009
Today Sunny 9°/ -2°
Wednesday Sunny 11° / 1°
Thursday Sunny 11°/ 3°
You have voted us #1 for best forecasts on TV. Thank you Canada!

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



Crossword across

1 Cry like a banshee
5 "Say again?"
9 Crafty
12 Europe's neighbour
13 German car name
14 Tiny veggie
15 Peter Parker's alter ego
17 Cartesian conclusion
18 Hostels
19 Droves
21 Founded (on)
24 Unaccompanied
25 Swiss peaks
26 Directly
30 Floral neckwear
31 Actor Alan
32 NASA deviation
33 Last page?
35 Small combo
36 Nestling hawk
37 Dashboard features
38 Folkways
40 Painter Mondrian
42 Actress Gardner
43 1984 mockumentary subject
48 Buddy
49 Sea flock
50 Therefore
51 Wapiti
52 Method (Abbr.)
53 Turned blue?

Crossword down

1 Existed
2 Cleopatra's slayer
3 Midafternoon hour
4 Restroom designation
5 Caution
6 Runs smoothly
7 Oklahoma city
8 Small-timer
9 Freshwater algae
10 Begin
11 Sweet potatoes
16 Conclude
20 Yale student
21 Hairless
22 Sheltered
23 It takes thyme
24 Use a teaspoon
26 Spheres
27 Guitar's kin
28 Greet
29 Pairs
31 Accumulates
34 CBS logo
35 Named
37 Narcs' org.
38 Jerry Herman musical
39 Ellipse
40 Needles' mates
41 "Meet Me — Louis"
44 Use a crowbar
45 Take a shot at
46 Time of your life?
47 Home for 14-Across

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

8		3		1				2
			2			1		
		5			6		4	
		9					8	
		2	1		7	4		
	6					7		
	1		7			6		
		7			8			
2				4		9		3

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

7	9	4	6	1	3	5	8	2
6	3	8	9	2	5	1	4	7
1	2	5	4	8	7	9	3	6
2	8	7	5	3	9	6	1	4
5	6	9	7	4	1	8	2	3
3	4	1	2	6	8	7	5	9
8	5	6	3	9	2	4	7	1
4	7	3	1	5	6	2	9	8
9	1	2	8	7	4	3	6	5

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Diner-style Hash Browns

INGREDIENTS:

1 1/2 lbs (750 g) all-purpose potatoes, peeled
3 slices turkey bacon, chopped
1 medium onion, chopped
1 medium green bell pepper, seeded and chopped
1/2 tsp (2 ml) paprika
1/2 tsp (2 ml) salt
1/4 tsp (1 ml) freshly ground black pepper
2 tbsp (25 ml) margarine

METHOD:

1. Coarsely grate potatoes into large bowl of ice water. Let stand 10 minutes.
2. Meanwhile, cook bacon in large non-stick frying pan over medium-high heat until crisp, 5 minutes. Transfer to paper towels to drain, leaving drippings in pan.
3. Sauté onion and green pepper in pan until soft, 5 minutes. Transfer with slotted spoon to paper towel.
4. Drain potatoes, squeezing out water. Transfer to dish towel and pat dry. Combine potatoes, bacon, onion, green pepper, paprika, salt and black pepper in large bowl.
5. Add margarine to drippings and melt over medium heat. Spread potato mixture evenly in frying pan and cook, without stirring, until golden brown and crispy on bottom, 15 minutes. Place large plate over pan and invert. Slide potatoes back into frying pan. Cook until golden brown and crispy on second side, 10 minutes.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
Outsiders will cringe due to your ferocity. Discomfort brings a great deal to an end. An adored person rides off into the sunset.

TAURUS ♉
APRIL 21-MAY 21
Disregarded desire causes too much disharmony. You can't do something over again. A lover will find a way to build you up.

GEMINI ♊
MAY 22-JUNE 21
Don't pass judgment on anybody. There's a fortuitous meeting with an ally. A brilliant performance gets noticed.

CANCER ♋
JUNE 22-JULY 22
A chatty buddy makes points with humour. A kind person takes note of your feelings. Start fresh when making decisions.

LEO ♌
JULY 23-AUG 23
Make a shocking request this afternoon. A forceful woman's skills come in handy. Get paperwork done before taking a drastic step.

VIRGO ♍
AUG 24-SEPT 22
Love life gripes force you to make a decision. Resist the desire to make impressive remarks. Don't ignore a favourite person's demands for loyalty.

LIBRA ♎
SEPT 23-OCT 23
An intimate friend has a sordid tale to tell. There's no help for an innate personality defect. Take responsibility for teaching a lesson.

SCORPIO ♏
OCT 24-NOV 22
Get professional advice about computer problems. A bungler will slow down progress. Watch out for toxic companions.

SAGITTARIUS ♐
NOV 23-DEC 21
Have facts and figures ready for a younger person. A disgruntled associate puts the ball in your court. Transit problems cause quarrels.

CAPRICORN ♑
DEC 22-JAN 20
Scintillating memories will come to mind. A winning plan has everyone cheering. Don't get exasperated by a change of fortune.

AQUARIUS ♒
JAN 21-FEB 18
Ask about a hidden need for security. Don't be wounded by a shocking experience. Triple check your thoughts before replying.

PISCES ♓
FEB 19-MARCH 20
Problems with a friend lead to emotional turmoil. People will visit and remove your fear of the future. Expect confusion and odd behaviour.

You take 4,000 steps a day.
On May 3rd, use them to help kids talk.
Walk for Kids Help Phone
Bell
Kids Help Phone 1 800 668-6868 kidshelpphone.ca CELEBRATING 20 YEARS
Register, pledge or volunteer at: walkforkidshelpphone.ca

Over 140 Discount Outlets... 100 One Hour In-Store Labs
For nearest location call: 1-877-524-2020 • www.hakimoptical.ca

PSSST!
SO I HEAR YOU WANNA BE A FILMMAKER EH?
WELL HAVE I GOT THE PLACE FOR YOU.
Why don't you drop by Ottawa's ONE STOP ZONE for indie filmmakers, The Independent Filmmakers Co-operative of Ottawa (IFCO)? Learn the "reel" deal about filmmaking. We offer:
Training (workshops)
Filmmaking Equipment (cameras & other equipment)
Screening Opportunities (cinemas & festivals)
LEARN MORE TODAY!
www.ifco.ca • 613-569-1789

Let's find your smart fit.

BlackBerry® Pearl™
8130 smartphone

$29.99*
(3 year term)
No term $499.99

BlackBerry® Pearl™ Flip
8230 smartphone

$49.99*
(3 year term)
No term $449.99

NEW Samsung OMNIA™
SCH-i910 smartphone

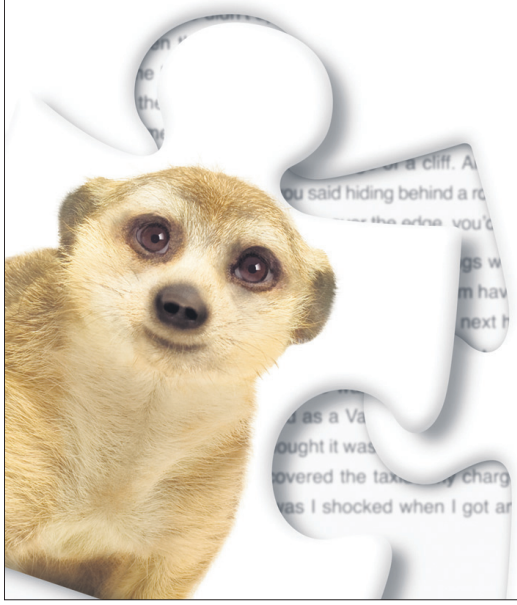
$129.99*
(3 year term)
No term $499.99

NEW Treo™ Pro
smartphone by Palm®

$149.99*
(3 year term)
No term $549.99

BlackBerry® Storm™
9530 smartphone

SALE $199.99*†
(3 year term)
No term $599.99



Whether you're a power communicator, a social butterfly or a multimedia fanatic, we have a smartphone that's just right for you. And with TELUS, you'll get 3G speed in more places.‡ Visit us in-store or at telusmobility.com/smartfit today, and we'll help you find your perfect fit.

TELUS
the future is friendly®

For more details on these great offers, visit your TELUS store, authorized dealer or retailer, visit telusmobility.com or call 1-866-264-2966.

FUTURE SHOP · BEST BUY · WAL*MART · Dumoulin

TELUS STORES & AUTHORIZED DEALERS

Ottawa
Ottawa Office Tower
Bayshore Shopping Centre
Carlingwood Shopping Centre
Chapman Mills Marketplace
Rideau Shopping Centre
St. Laurent Shopping Centre
10 - 100 Trainyards, Bldg. C
342 Elgin St.
2950 Bank St.
8 - 1568 Merivale Rd.
530 Montreal Rd.
62 - 2269 Riverside Dr.
1200 Prince of Wales Dr.
118 Holland Ave.
424 Catherine St.
1333 Michael St.

Brockville
2211 Parkdale Ave.

Cornwall
Cornwall Square
2130 Vincent Massey Dr.

Hawkesbury
321 Main St. E

Kanata
Kanata Centrum Walk

Kingston
Cataraqui Town Centre
103 - 646 Norris Crt.
764 Gardiners Rd.
131 Princess St.

Nepean
39 Robertson Rd.

Orléans
Place d'Orléans
2 - 4312 Innes Rd.
2062 St-Joseph Blvd.

Pembroke
Pembroke Mall

Perth
106 Gore St. E

Phone availability and price may vary. Prices are subject to change without notice. *Effective net price after in-store discount at time of activation. Available for clients (new and renewal) who activate on a 3 year term with any non-promotional voice rate plan of $20 or greater with data add-on. TELUS reserves the right to modify eligible rate plans with this offer at any time without advance notice. †Available until May 4, 2009. Regular price of the BlackBerry Storm on a 3 year term is $249.99. ‡Based on total square km of the 3G network vs. Rogers HSPA coverage as of February 2009. TELUS, the TELUS logo and the future is friendly are trademarks of TELUS Corporation. BlackBerry®, RIM®, Research In Motion®, SureType®, SurePress™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Used under license from Research In Motion Limited. FACEBOOK is a registered trademark of Facebook, Inc. All other trademarks are property of their respective owners. © 2009 TELUS.